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**Week of [September 30, 2024 to October 6, 2024]**

**Day 1: [September 30, 2024]**

**Title:** I successfully managed a shift in a very busy crowd

**Details:** Today was very busy at the food store. During lunchtime we received a lot of customers. I had the ability of working on the orders mostly and also maintained the operations on the check-out section.

**Feelings:** I have exciting and satisfying emotions at the same time then I can do the work with high speed and pressure.

**Cause:** This was familiar territory for me when I had to work during the peak hours and good organizational skills saw me through.

**Day 2: [October 1, 2024]**

**Title:** In light of the research, I selected I found my favourite coffee shop.

**Details:** During the free time after the classes I went for a walk around the territory of the college and found a pretty nice coffee place. Recently they served a latte, it was so tasty, and that is their specialty since they are called Latte Art.

**Feelings:** instantly I had a grin on my face, I felt a rate of comfort, as if the place was somehow familiar to me.

**Cause:** This was brought by my pro-action of going out there to seek and stretch my limits of comfort.

**Day 3: [October 2, 2024]**

**Title:** I Shall Identify Someone I Received Help from in their Line of Professing

**Details:** In one of my course, I had difficulties in choosing a topic. Once, after a class, I went to my professor to clarify some concepts which he did allocate his time to explain.

**Feelings**: That made me feel relieved as well as supported. So it was nice to also feel that my professor at least gave a damn.

**Cause**: This happened for the reason that I asked for assistance and indeed I openly confessed my problem.

**Day 4: [October 3, 2024]**

**Title**: I developed the abilities for efficient time management.

**Details**: This week, I standardized on the timetable that I have altered my study time and work shifts. To organization the time I had set up a planner that facilitated the assignment of specific time slots to each of the subjects.

**Feelings**: I was able to note that I was in a organized and productive state. It alleviated some stress.

**Cause**: This improvement was due to the realisation that I required a far more efficient means by which my commitments could be tracked and organised.

**Day 5: [October 4, 2024]**

**Title**: In an attempt to give it a try, here I was attempting to cook a tradition dish from my home.

**Details**: I felt it was about time to prepare a recipe from my own country for my roommates. Then we went to the kitchen and I have to teach them the instructions of the recipe.

**Feelings**: I was glad and happy being able to share a piece of my culture to them as well.

**Cause**: This was possible because I have been keen on building close relations with my roommates as well as introduces them to my culture.

**Day 6: [October 5, 2024]**

**Title**: I Completed a Difficult Task

**Details**: I spent a lot of time writing a research paper that was due earlier today. I invested lots of time improving the arguments made and making sure it was written within the style regulatory. Another thing that gave me a sense of accomplishment when I provided it was

**Feelings**: I felt relieved and most importantly proud of the hard I’ve done all along.

**Cause**: Here I can only conclude that it was consistent work, with clear visions of what I wanted to achieve at the end.

**Day 7: [October 6, 2024]**

**Title**: Celebrating a Coworker’s Birthday

**Details**: One day the members of my team thought that it will be a nice idea to invite one of our colleagues to a surprise birthday party at the food store. We also got some new stuff for break room, a cake and some good and fun games. L: When they walked in, the look of surprise and annoyance we got on their face was perfect!

**Feelings**: I was happy I felt that we were all one family with my colleagues. It was nice to be able to celebrate someone, and make the work more joyful.

**Cause**: It was intended to help us build stronger teams and to express our gratitude for a true coworker and a positive attitude of our coworker as well as we all know the power of community at work.

**Conclusion**: Thinking about this week brings out the point of work and school balance. Each positive experience strengthens the course of my development as an international student and reinforces my ability to respond and succeed in a new setting.