

**This activity will require personal reflection and self-awareness. Please find an environment where you can focus and be honest with yourself about your circumstances, goals, priorities, etc. Note: One example is provided for each question, but likely you'll have multiple answers for each! If you need more space, please continue at the end of the document. If you have any questions, please reach out to your cohort advisor**

1. What personal traits or characteristics do you highly value in yourself? How do they help you be successful?
  - Self Discipline: The ability to control my thoughts and actions, helps me improve my focus, and increase productivity by reducing procrastinating, and not letting distractions overwhelm me.
  - I am always committed to learning new skills, and improving personal growth, always helps me approach challenging tasks, in new and creative ways, and improved outcomes.
  - My ability to adapt to new change and surroundings helps me grow a thick skin and acquire flexibility, and has helped me align my goals towards new challenges and new opportunities.
2. What personal traits or characteristics do you hope to improve or develop while at Prime?
  - I hope Prime will help me build consistency to keep going through overhauls in coding, and keep on practicing new skills, and apply them in solving technical problems, and meeting deadlines with high quality solutions.
  - Teamwork and collaboration will play a big role in problem solving, and bring in different perspectives, and skills. As well as develop effective communication skills, and abilities to express ideas and solutions.
3. When you are stressed, anxious, or frustrated, what are some strategies you use to self-manage? What new self-management strategies would you like to learn?
  - When I am anxious or frustrated I hit the gym, and some physical activities help me relieve tension, and keep a normal routine.
  - Have some a positive man self talk to revamp some new positive emotions, and develop a centered positive mind state.
  - When I am stressed I take quality time sleeping to relieve tension, and lower lower anxiety, and improve mindfulness.

New self-management strategies I would love to learn are:

- Get to practice some art therapy like painting and creative word rhyming.
- Get to practice some muscle relaxation techniques like Yoga to reduce stress, and anxiety.
- Practice Cognitive behavioral Therapy to identify negative thought patterns, and thoughts, to combat anxiety, and reduce stress.

4. What are some ways you practice self-care? How will you prioritize self-care during your study at Prime?
  - I always prioritize myself over work, and set time aside to enjoy my success.
  - Have a healthy organic meal, and prioritize my mental health through exercising and quality sleep.
  - Create social connections with family, friends and mentors from Prime to maintain well being, and help me provide a sense of belonging, and accomplishment.
5. What potential barriers or blockers do you anticipate during your course of study at Prime? What tools do you need to navigate those barriers?
  - Time management, and a tight schedule will be a challenge for me at times. I will prioritize critical items especially for the team over personal demands, by clearing my calendar and scheduling plans in advance, by using a to- do list, and productivity calendar.
  - Getting new technical concepts and learning new programming technologies might be a challenge at grasping at first. But with the right Instructors, online Slack forums, and the weekly assignments given will be enough to overcome the difficulties.
  - Boredom and lack of motivation due to the demanding nature of the Bootcamp might lead to burnout. To align the right level of engagement with the whole course, I will need help setting achievable goals, and lead my focus on what I can control at some given moment.
6. Take some time to consider your time management skills. How do you generally prioritize different tasks? What can you do to proactively schedule work time and free time?
  - I will evaluate the urgency, and importance of each task I have been assigned, make a list, and deadlines for each specific task to help me stay on track, while tracking work and personal time.
  - Review and make adjustments where necessary, to practice efficiency, and avoid multitasking. As well as breaks after every task has been completed.
  - It is important to me to prioritize free quality time, in order to spend time with my family, and checking up on them. I am flexible and ready to adjust my schedule, and accommodate pressing issues, by rescheduling tasks, and focusing on what is at hand.

7. What are some non-technical goals you have for your Prime experience?
- I hope Prime will help me meet and network with like-minded individuals, and established individuals in my coding career path, and make connections that might help me with further job hunting.
  - I believe that with Prime, by successfully completing the bootcamp, I will have gained confidence, and the ability of having learned new skills, and problem solving in the job market.