

The primary challenge I've had to overcome my whole academic life is struggling with dyslexia/ADHD. It has always been difficult for me to be able to pay attention to passages that I'm reading. Before being diagnosed this resulted in poor grades, low self esteem and reading difficulties well into adulthood. I have since learned and implemented accessibility options on computers and phones like text to speech, as well as investing in high quality noise-cancelling headphones while studying so the only thing I can hear is what I'm supposed to. By finding and taking the time to learn and implement these features I've been able to become stronger by realizing that needing help is okay, no matter how long it took to ask or look.