My Style

* I prefer to get one thing done before moving on to the next, but I can be flexible if necessary
* I tend to work best alone
* I can work well with others, but it’s easiest for me if group work is split up and done mostly individually
* I can be a bit of a perfectionist, especially when it comes to my work

What I Value

* Kindness – It’s really not that difficult to be kind to those around you and it goes a long way
* Honesty – I’m okay if you don’t get something done or if something got in the way. But please be honest with me about what’s going on and don’t try to hide behind excuses. To me, an honest explanation is always better than a convincing lie
* Effort – While the end product is important, I respect those who make an effort, regardless of the outcome

What I Don’t Have Patience For

* Arrogance, especially putting others down in order to lift yourself up. It helps no one and only creates problems. Leave your ego at home
* Selfishness, whether that be refusing to do your part or only looking out for yourself, this ultimately leads to failure. If you “succeed” at the cost of the team’s success, then you have failed to understand teamwork

How Best to Communicate with Me

* Face to face/in-person. Text is preferred otherwise, though email or phone calls are also okay
* If you have something specific to talk about, be direct. I can handle constructive criticism or concerns, but I prefer to get straight to the point instead of dancing around the issue.
* If you want to talk to me, it’s easiest if you start the conversation. It can take some time for me to feel comfortable starting a conversation because I don’t want to bother anyone

How to Help Me

* Remind me that getting something done/turned in is almost always better than getting nothing done. The end product doesn’t have to be perfect
* I really appreciate when people make an effort to include me in the conversation. Otherwise, I can worry that I’m not helpful/useful
* Understand that I have problems with mental health. While I have learned a lot of coping strategies, it’s not always fool-proof. Somedays I’ll just be sad or less productive, and as much as I would like it to not be the case, I can’t always change that.
* I can have a hard time asking for help. If I seem to be genuinely struggling, whether with work or otherwise, offering help goes a long way. Sometimes I may even need someone to firmly state that they are going to help, even if I insist I don’t need it.

What People Misunderstand About Me

* While being a quiet person, I genuinely enjoy talking to others
* Just because I’m not talking a lot doesn’t mean I’m not interested. I tend to prefer to listen than speak