“To be yourself in a world that is constantly trying

to make you something else is the greatest

accomplishment.” - Ralph Waldo Emerson. This

quote hath brought a big impact in my life that

leads me to where | am today. Nowadays, Most of

the people are lack of self-confidence and afraid of

criticisms that they might encounter. Being a college

student, lowering your self-esteem and currently

experiencing stress and pressure is normal while on

the other hand it is not healthy for you as a student

and also a child in your family that carries different

responsibilities. Though | am friendly, kind, and joyful

person | also experience those kind of situations

which is very unfamiliar in a way that | always think

that | am the only one who is experiencing those

problems. | always rely on my friends (including

my internet friends), especially to those who are

transparent to me and those who are trustworthy.

Second is my family, not the whole family but just

some members of my family it’s because not all

of them can understand and relate in my situation.

Last is myself, because at the end of the day all |

have is just myself. | am Jake Marc Lucky M. Paraan,

19 years of age, and currently residing at Bucao

Manaoag, Pangasinan. | took this course for me to

explore and discover the world of technology and

the field of engineering. | love playing badminton,

volleyball, and online games. | am talented at singing

and passionate in dancing.