I met with Shane Marshall

How do I become more self aware?

My response; acknowledge my achievements. I need to think about where my life is leading me.

His response; You have so much potential. The things you are capable of should be leading you through your life and guiding you to success.

What are you good at?

My response; I am good at showing people love. I am good at being organized and getting things done.

His response; Having empathy for someone is important, it will bring great blessing to your life in the future.

What changes have I made this semester I will carry forward to other classes as well as my personal and professional life?

My response; I have learned how to study better and how to make the most out of my work. I learned about the voice in my head and how I need to be more confident with myself.

His response; That voice can make or break you. Having control of it will really help you.

He provided me with the feedback that I need to have confidence in myself if I want to succeed.

The life lesson I learned is that how I think of myself will really determine my actions or how well I will do at something. If I have more confidence I can achieve more.

I will try to think about everything I do. I will see my future and think highly of myself.