Report: Psychological Resilience

Lucas Lehi Gomes de Araujo

WDD 130-02

December 12th, 2022

For one of my English classes, we did a research paper, and the topic I chose was about how to develop resilience for our minds. I wanted to study what elements could help us strengthen our minds just as exercising can help us strengthen our bodies. The website explores those findings and gives a description of the four elements I found to be most helpful: Challenge, Commitment, Personal Control, and Connection. There is also a sign-up page for those who would be interested in participating and receiving emails about psychological resilience. I wanted to share the knowledge I have gained with others.

The audience includes mainly those who want to learn more about strengthening their minds and those who are struggling with their own mental health.

Link for my website: <https://lucaslehi.github.io/WDD-130/psyresilience/index.html>

I just hope that people can find this website and be able to get some help out of it. It does not replace seeking help of family members and professionals, but I hope it gives some insights on how to get our minds stronger.

I think that since the beginning I had a clear idea of what I wanted to accomplish with the website and what I wanted it to look like. However, there were a couple changes. When I first started, I had matched the Challenge and Personal Control elements together, while Commitment and Connection were on the second child page. I swapped so Challenge and Commitment were together, and Personal and Connection were matched. I changed some of the pictures that I thought would go better with the design of the website. I added a background picture as I thought it matched the website more then a solid color. Also, I had not thought about adding a sign-up page to it but after one of the assignments, it seemed a great idea so people could be able to connect and receive more information about the subject.

This is my first experience with web development, and I have really enjoyed it. I even mentioned to my professor that if I did not have only two semesters left, I would like to explore the idea of switching my degree to web development. I know I have a lot to learn in this area, but taking this class also showed me I can develop new skills. I have wanted to start my career with tech support, but I have wanted to go in a different direction after gaining some experience, I just did not know what. After taking this class, I really want to explore the career options in web development and develop my skills.