Reflection

Reflecting on this course, the activity I was most aware of was week 6 in managing time and handling stress. Under this topic I was glad to encounter time management tools. I really focused my attention to the to-do list because in my busy life working 6:am to 2:30pm five days a week sometimes 6, having to keep my doctor’s appointment, engaging in veterans affair ptsd programs and keeping up with my course assignments it was hard for me to keep track of everything. Having a to-do list made for the current week and 1 week ahead kept me in line with a set schedule. Without this schedule I would be in a merry-go-round and end up failing or skipping assignments and that would put me in a big mess.

My biggest accomplishment was being able to finish my assignments on time. I have never seen this side of me being able to focus and complete tasks in my busy life. Bryan University has a lot of tools and resources that has helped me succeed in the first 8 weeks and will continue to use it. Having these tools and resources made me confident in achieving my goals. My interest in this course had turned into a passion which gave me strength to carry on. As I reflect on these courses I can see the big picture. I can start applying everything I’ve learned and plan ahead. From what I’ve learned so far I can feel confident in any challenge I encounter. It has helped me build habits for success and acquire a growth mindset. I times of handling stress and managing time I have already build up myself a fortress of ways to battle these problem