

Mallory Asis: All data (meetings)

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Keywords

little more other things big thing little sloth little girl other years little bit little moment little nervous last thing little pillow little hotel little rundown little artsy little reserved little picky favorite books other people

Transcript

Question 00:02

Okay. Tell me about college. Like what happened? Has the moving process, everything like that?

Mallory Asis 00:10

It was good. The move in process was really quiet cuz I got here a little earlier than all the other girls on the team that we're moving in. So it's really chill. My entire family drove up, like my aunt and my uncle and my parents and my sister. So like it was good that we moved in before the rest of the students. So we actually had space to get in and out college is good. A lot of schedule conflicts with practice, so that's been, oh, gosh, I've been in meetings for like 6 hours trying to fix stuff. But it's been crazy, so, probably checking out new running trails cuz we're right in the National Redwood Forest or like, it's kind of long, but we're at the bottom end of it.

Question 00:47

I bet. Any highlights? Like what's been the highlights of it all?

Mallory Asis 01:01

So our running trails are in there, which is super nice. And then we have our, I found out we have our own private weight trainer. So like when we lift weights, we have our own trainer. And the facility is really cool. We get like free protein shakes and stuff, which is awesome.

Question 01:16

Awesome.

Mallory Asis 01:16

That's probably the highlight I do.

Question 01:18

Awesome. Do you like the location and everything?

Mallory Asis 01:22

It's one of the reasons I picked it. Like I've always wanted to go up to the Bay Area and we're like right in there. So, I'm double majoring in psychology slash neuroscience and then bio.

Question 01:28

Awesome did. What was your major again?

Question 01:39

Cool. So what do you wanna do when you grow up?

Mallory Asis 01:42

I want to be a doctor, so I'm on the pre med path. Like there's not a pre med major. You just have to take the classes to like fit the requirement. So I want to either be a neurologist or an adolescent and young adult specialist, which you just like work with teams and stuff. So that's the goal.

Question 02:00

Let's ask, that's awesome.

Mallory Asis 02:01

It could probably change, but that's it for right now.

Question 02:09

So now I'm gonna be asking you some brief questions, just like getting to know you a little bit. I be I know you pretty well because of everything else, but what's your favorite way to spend a weekend?

Mallory Asis 02:24

The weekend, probably hiking. When I'm not running, I'm usually just walking cuz I like to explore. So just checking out new trails and stuff with family. Well, now, now I'm not with family anymore, but just solo.

Question 02:43

What kind of friends do you look for? Like now that you're in college, like you're gonna be making new friends, like what qualities and friends do you like look for?

Mallory Asis 02:51

I'm a little picky, honestly. So people who can carry intelligent conversation, like philosophy, psychology, stuff like that, honestly. Just people who are kind and kind of have, like, obviously we're in college, so we're not entirely put together, but people who are mature enough to, like, not be inappropriate and stuff like that. Just like I look for maturity and kindness. Probably, if I was to sum it up, probably a little reserved when you first meet me, but once you get to know me, I'm very outgoing, very extroverted, definitely.

Question 03:20

That's awesome. What would you describe yourself as? Like, if you were trying to describe yourself from an outsider's view, like, how would you describe yourself like.

Mallory Asis 03:42

But once you really get to know me I'm Booksmart, but not so much street smart, definitely. I'm athletic. I like to read. I like to write. I'm a little artsy when it comes to creative writing and stuff like that in poetry and, I think I've done sports for the majority, of my time in elementary school and middle school and high school.

Question 04:02

Can you kind of give me a little rundown of your earliest memories of elementary school and, like, high school and just give me a rundown of what that was like for you and, like, just growing up and stuff.

Mallory Asis 04:25

So definitely that elementary school just like had a close small group of friends. I was very motivated. Like I had to get 100% on every assignment, which was kind of silly cuz I thought elementary school counted for something, but it doesn't really, so that didn't matter. And then kind of the same thing through middle school, I joined a competitive softball team that would travel a lot, but I kind of fell out of love with softball just because like the coaches just cared about college. And when you're 12, he just kind of just wanna play to have fun. So I started running cross country and track and then high school. I feel like my entire personality was tracking cross country. So I guess high school was marked by a lot more adversity than the other years, but but through all of them, very sports motivated, very academically inclined, childhood memories, probably going to Seaworld a bunch because my aunt works there so we get free tickets.

Question 05:20

What about memories of your childhood and your family life and like.

Mallory Asis 05:34

So probably that. Hanging out with my dog. We got her when I was in elementary school and we still have her family stuff going. Paddle boarding, start going paddle boarding in elementary school and that kind of stuck around. Cuz like we're in San Diego, so we live right next to the bay. Hiking parents coming to like softball games and track meets.

Question 06:01

That's awesome. What's your favorite holiday and why?

Mallory Asis 06:04

Oh, probably Christmas. I like, I like the decorations. Like decorating for Christmas is like my favorite part because like get, I don't know, the vibes just get going and then all the candle smells around that time and you get to spend time with family more. But.

Question 06:24

Going on that, what's your favorite Christmas movie.

Mallory Asis 06:27

Oh, that's so hard.

Mallory Asis 06:35

Gosh, probably a classic like Home Alone.

Question 06:44

That one's good. Are you a early bird or a night owl?

Mallory Asis 06:53

Definitely early bird. It was funny cuz, like when we moved in from college, I was out at 9. Nine PM just asleep and my roommate was up and she was like, oh my God, you fell asleep so early last night. But then I wake up around like 6 just cuz we have practice early. And I don't know, I just feel like my circadian rhythm just natural chilly, like gets me up early in the morning. So, eh, I do.

Question 07:20

Wish I was like that tell me about your roommate. Do you like her? What's her name?

Mallory Asis 07:28

We're super close. Like it was funny because I didn't commit to going to the school until three hours before the deadline, and she committed like a day before the deadline. So we were the last two girls on the team without a roommate. And we're or super similar. We both like to read.

She brought books and I've read all the books she has. Like we're into the same genre and whatnot.

Question 07:53

So.

Mallory Asis 07:54

We both are on the cross country team and we're both a little like on the quieter side in public, but when it's just the two of us, we can chat for hours. So she's really great definitely like modern, contemporary books, like a girl in pieces by Kathleen Gasglou and a lot of fantasy books, too.

Question 08:07

That's awesome. What books do you like to read? Like, what are your favorite books?

Mallory Asis 08:20

I'm a big fan of Sarah Moss and like a court of Thornton roses and stuff like that, so, like fantasy.

Question 08:27

So what genre is that? Like? That's cool. Do you have any hidden talents?

Mallory Asis 08:37

I don't know if they're hidden, but I'm definitely into poetry. I don't know. I don't think running is the hidden talent either.

Question 08:49

Is.

Mallory Asis 08:52

Oh, I paint a lot. I guess that's a hidden talent cuz I not a lot of people don't know that I paint.

Question 09:01

Let's see, what's a place you've always wanted to visit?

Mallory Asis 09:05

Oh, Costa Rica. I'm a big sloth lover.

Question 09:07

He.

Mallory Asis 09:09

And my mom said, my mom used to travel a lot when she was single, like with friends and whatnot. And she went to Costa Rica and stayed in this little hotel. And they'd wake up every, every morning and there just be a sloth in the tree, like close enough to touch. And I just think that's so cool.

Question 09:26

There's this little Urban Outfitter sloth that I've had for, and it's like a stuffed animal and it's like a little sloth and it's has little like, like the things and it's just like a curl, little pillow and it's really cute.

Mallory Asis 09:29

Oh, really? Oh, nice, historical figure.

Question 09:42

If you could meet any historical figure, who would it be and why?

Mallory Asis 09:59

I don't know if this is historical, but I'd probably wanna meet Mary Kane. Like, she's still alive, but, like, she was, like, the first to break away from Nike when they had, like the whole, like, eating this, like provoking eating disorders amongst runners and stuff like that. So I'd want, I definitely want to make her. She's made a lot of change, like, in the world of running, especially in regards to sports and women and stuff, like, oh, definitely.

Question 10:30

Would you say you're passionate about women empowerment and feminine?

Mallory Asis 10:37

I wish there was a group like that at high school that I could have joined, but, like, I'm really into that stuff all my, I wrote a poetry book, and that was basically, like, women's rights and, like overcoming trauma and all that stuff. And my recent debut novel is kind of touching on similar topics too, because I feel like women, I feel like, yes, we have other press groups as well, but if we're going back in time, women have always been the group that's a face depression for the longest time. And I think because it's so, so, I don't know, rooted in society, it's the hardest, it's the hardest subject to break, I guess. It's harder to move forwards with women's rights when we have so much stereotypes and so much like biological setbacks and stuff to keep us from progressing and moving beyond stereotypes that do have some biological merit, which is tough to break away from I haven't.

Question 11:42

Did you watch the Barbie movie?

Mallory Asis 11:44

I really need to though. I just have had no time this summer, to try.

Question 11:50

What's a hobby that you always wanted to try?

Mallory Asis 11:57

I have always, okay, I've always wanted to do rolling, like the sport I'm actually, I've gone through a lot of injuries with cross country and track and just running in general. And I haven't had the best experience with running in the past couple years. And I kind of wanna quit right now and try rowing, just to pick up something different, especially since I've been so tied to running. But I think rowing just looks really cool. You get to be out in the water, out in nature, like you're outside for running too, but rowing is just different and it's like it used to do whole body and it's more team oriented. Running is very, is, it's a very individual sport. So, honestly, because I committed to run D1, so I'm kind of like stuck on the team right now.

Question 12:43

Well, what's holding you back? Why don't you want to try it out?

Mallory Asis 12:59

I think my coach would be chill if I talk to him. And I was like, hey, I just, I don't think I'm moving forward with my injuries and everything. I guess I'm kind of just scared of his disapproval and my teammate's disapproval. So I'm scared of that. And I'm also, I'm also scared of trying something new because like the rowing team, since there's not typically rowing in high school, they are like taking anyone, especially if you have a sports background and like running or something like that app. So I guess I'm just afraid to try something new.

Question 13:33

Why runner?

Mallory Asis 13:35

So rowing, you use your quads too, so it's like a whole body thing.

Question 13:37

Why running? Isn't it mostly arms?

Mallory Asis 13:44

But I have like, my dad is a body, well, was a bodybuilder, so I go to the gym a bunch. And when I was younger, he showed me how to do stuff. So I don't know, with running, you kind of just use your legs and like we never get to do a ton of arms stuff. Like we still do like pull UPS and pushups and stuff like that. But I don't know, I guess I'm just really into fitness and rowing would give me the opportunity to just like try something new, branch out a little bit, use some different muscles. So, that's true.

Question 14:19

You could always join club or something.

Mallory Asis 14:25

I just don't know if I'll have time. Like if I'm running D1 and doing a sports club, it's gonna be rocky.

Question 14:34

What's your favorite type of music?

Mallory Asis 14:37

Oh, definitely. Andy. I used to be an 80s girl, but I don't know, I just like I found an artist called Lizzie Mcalpine and she is really good stuff.

Question 14:48

I love her.

Mallory Asis 14:49

Yes, I, I like that kind of genre.

Question 14:53

Do you like Phoebe Bridges? Then what?

Mallory Asis 14:55

I don't think I've heard of her, but I'll definitely check her out.

Question 14:59

But you have to. Okay, I wanna put it in the chat.

Mallory Asis 15:01

Okay, okay, got it.

Question 15:07

You will love her.

Question 15:17

If you could have any superpower, what would it be?

Mallory Asis 15:22

Probably, I mean, this would be horrible for my mental health, but probably the ability to read minds cuz I always wanna know what other people are thinking. Either that or like super speed. I think that would be cool.

Question 15:38

I would want to teleport.

Mallory Asis 15:41

Oh, that would be fun too.

Question 15:43

You could just be anywhere. Like, are you more introverted or extroverted?

Mallory Asis 15:53

Depends. I would say I'm more of an ambivert because when I'm with people I know I'm definitely extroverted and like, like to be social. So I guess I'm a little more on the extrovert side, but I'm not like a party person or anything. If given the choice, I'd rather stay home and read or something. So a little bit of a mix, but probably leaning more on extrovert.

Question 16:16

Do you have a favorite season?

Mallory Asis 16:19

Fall. I like the leaves. I like the candle smells and just the vibes.

Question 16:26

Do you like. Are you a morning routine person?

Mallory Asis 16:33

A morning routine, I'd say. So like, I just have a set checklist of things I do in the morning. Like, my iron's really low, so I'll just wake up, take my iron, like, my bed, wash my face, do my hair, grab a cliff bar or something and just head out and run.

Question 16:54

I can't run in the morning.

Mallory Asis 16:55

Eh?

Question 17:02

What's your favorite way to exercise? Running.

Mallory Asis 17:05

Probably running. Like, if given the choice, I'd rather hike cuz these days, like, iron makes it hard for your body to use oxygen, so it's just been exhausting. So I'd prefer hiking or lifting. I really love lifting.

Question 17:32

Do you prefer texting or talking on the phone?

Mallory Asis 17:36

Texting. I feel like if, I don't know, I could just get nervous when I'm talking on the phone, unless it's like a planned meeting or something. I feel weird like spontaneously picking up the phone and calling someone, unless it's like my mom. That's just a different dynamic.

Question 17:53

Can you kind of, can you tell me a story of a time that you feel like you had to step up and be a leader or something that you were proud of? Just a story that kind of represents your morals and like who you are?

Mallory Asis 18:15

I don't know. The first thing I go to is just, just the cross countries, like the sport itself, because our team was really heavily rooted in. Just like eating disorders and like, what's the word, disordered eating and stuff like that. And a lot of negativity ever since I was a freshman, I think after I went through an eating disorder my sophomore year, I kind of, when I came back to the team after Covid, I kind of had just like I was already team captain, but I kind of had to step but my role as team captain and not just address running issues, but also like your health. Like we had a lot of kids that were getting stress fractures like me that were like not eating enough. So just hosting team meetings about like nutrition and printing out papers and handing them out to the team about like proper, like pre race food, pre workout foods, post workout foods, how many calories you need to be getting in a day. Cuz these kids were not barely eating anything. And just the importance of fueling your body because a lot of people equate calories with a negative stigma. So just really like working on bringing the team together, talking about it and like flushing out all those, all that negativity surrounding food and exercise so that we created a

more healthy relationship with food, a healthier relationship with running. So I think it's helped. I'm just a little nervous now that I'm not there. So I start, I try to keep in touch still to make sure everybody's like in a good place in that regard.

Question 19:55

In.

Mallory Asis 20:01

So, I think it comes from self esteem for sure.

Question 20:03

What do you think, like the the problem of eating disorders stems from? Where do you think that comes from?

Mallory Asis 20:15

And also just our culture as a society because we don't, especially for runners, thinness isn't really out just equated with aesthetics. I think for some people, eating disorders are. They like a lot based on body image and I think a lot of runners have a problem with that too, but I think it really comes with the other characteristics that go along with like being thinner like a lot of people think it's because you're working harder and you have more self restraint and stuff like that so those kind of qualities that are more coveted can be seen through. Thinness cuz if you're starving yourself you have good self restraint but I think there's definitely a balance there. But in the running community it's more the culture that if you're thinner you're faster because in physics force is mass and acceleration. So like if you're heavier you're gonna go slower but that's not always true. It just depends on who you are as a person and you need to have enough energy to run. If you're not eating anything, that's like putting no gas in the car. So I think it just boils down to the characteristics of being thin, body image issues, self esteem issues and just culture propagating like dinner is better.

Mallory Asis 21:45

So, definitely from my, the head coach of my cross country team, he came up to me after practice and was like, hey, I heard you were talking about how like a bunch of college coaches have stopped talking to you and stuff and you're not in the best place running wise.

Question 21:51

What's the best piece of advice you've ever received?

Mallory Asis 22:12

And he told me that I have to focus on the journey, not the destination. And my other coach said something similar to like relish the grind because like when stuff is tough, at least you have the

opportunity to experience that cuz adversity makes you stronger. And for all runners, once you hit that PR, you're happy, but you're more, you enjoyed more of the moments that took you there, like the training and the growth and all of that. Just appreciating every little moment and knowing it's a part of the journey and not being so focus based on where you're gonna go, cuz you never really know where you're gonna end up. So, probably life is too short to wait because life is really short and I don't know, it kind of reminds me of like how I need to stretch myself as a person to not just be a runner and to try other things and I don't know cuz for the longest time I was running obviously from this conversation is a big part of my life, like it's always been in I think I missed out on a lot of experiences because I was so focused on being a D1 athlete.

Question 22:59

I agree. Do you have a favorite quote besides that or saying that you like.

Mallory Asis 23:48

And like getting into those big D1 schools and stuff like that that I missed out on friends and family and like social opportunities and stuff like that that I didn't really do the things I wanted to do and I'm, I kind of feel like that's happening in my life right now with wanting to pursue rowing a little bit. It. So just jumping on every opportunity is what I like about the quote, life is too short to wait.

Question 24:21

That's great what's a skill you'd like to learn in the future?

Mallory Asis 24:29

Oh, that's a tough one probably. I don't know if it's a skill, but just like socializing better. Cuz I don't know. I realized how bad at socializing I am like once I got to college, cuz in high school. It's just like, I mean, I classes haven't started yet. They don't start till Monday. But high. School's just a lot smaller, and you're kind of stuck with the same people, and you're stuck with the people on your team. So, like, you just naturally forge friendships. You don't really have to pursue anything. So I just need to work on my people skills. Like, over here, I'm my only friend right now is my roommate and a couple people on the team. So just working on communication with other people a little bit better in social settings, honestly, probably outside just with a bunch of trees and stuff.

Question 25:28

Okay, what's the place you consider your happy place?

Mallory Asis 25:43

Either that or just at home, like college, not like my dorm, but like back home in San Diego, like at my house with my family. I'd say that's my happy place just cuz I feel safe and I feel and it out

in nature, I just feel like connected to the world, not isolated.

Question 26:04

Awesome. What's the most beautiful nature site you've ever seen?

Mallory Asis 26:12

We went to kawaii couple years ago and I found this one running trail that, like it was weird. It was almost like a forest in Hawaii, but there was the ocean and there was the forest and there was like a waterfall. And I just felt really appreciative for nature and really appreciative for where I was in life. And I was just in a good place in general, too. So I think that just enhanced it.

Question 26:42

Awesome, what's your favorite way to relax after a long day?

Mallory Asis 26:53

Probably reading a book, usually poetry, like a book that I've read multiple times. And I just like know everything and I can just like not analyze it and just review it, I guess.

Question 27:12

What's a TV show you're currently binge watching if you're or like, just like watching a lot?

Mallory Asis 27:18

Oh, my God, I'm not really watching anything right now cuz what was I watching before? I was watching The Witcher at home. Have you heard of that? It's on Netflix. It's like this fantasy SCI fi kind of show.

Question 27:34

I haven't.

Mallory Asis 27:36

It's pretty good. I don't really know how to explain it. It's just a bunch of like, I don't know, weird creatures and stuff and this guy that like, I don't know, kills them to protect society and stuff. So kind of weird, but it's cool.

Question 27:56

What's the last thing you do before going to bed?

Mallory Asis 28:02

Probably text my friends or my family in college. I haven't been here that for that long. But I call my family every night just to check in. Also cuz I'm homesick, but also just to be hey and kind of

like wrap up my day. So, I wanted to go to the Olympics really bad cuz it was more of like a dad thing.

Question 28:24

What's a childhood dream that you had that you still remember?

Mallory Asis 28:37

Cuz he was like when I was younger, I was fast and like I ran in Junior Olympics. And so I think that was definitely a dream, especially watching like even now I'm reminded of it watching like big runners like Faith. I don't know how to say her last name, but Faith, Kippy again, she like set three world records in like the mile and the 5K and the 15 meter recently. So not much of a dream anymore. I kind of just wanna be happy and like chill. But, I definitely wanted that.

Question 29:19

What's the topic you can talk about for hours?

Mallory Asis 29:23

Women's rights, definitely. I can debate people forever on that especially, I don't know, I run into a lot of people that don't believe that, think feminism is too radical and today's world. And I don't. I don't agree with that because I think there's a lot of changes that need to be made. Like I know it's a controversial subject, but when Rovi Wade was overturned and the controversy that surrounded that, like I don't think responses to that were radical. I think responses to that were valid given like the gravity of where we're going in history, it almost feels like we're taking a step back. So I could talk about women's rights, like issues, abortion, like topics like that for hours, probably Title 9 initiatives, like we're taking some really big steps recently.

Question 30:19

Are there any that stick out to you in general besides that, Roby Wade?

Mallory Asis 30:32

And there's actually a girl on the team who is a part of that process. In Washington, DC, like this year, we have flag football now, which we've never had before.

Mallory Asis 30:40

In some schools, unfortunately, a lot of men's teams are being cut because of the Title 9 initiative where girls are supposed to have an equal amount of sports to play in school as boys do. And a lot of people are upset about that because they think it's unfair that men sports are being cut. And I'm just like, you have to make sacrifices sometimes because like, we, you made sacrifices because they had more than the women and the girls did. So like, I don't know why you're angry about that. It's equal now I could talk about that. I could talk about, I had this

friend and we talk about philosophy and psychology for hours, just like, the difference between happiness and content or, oh, my God, there's a B or, I don't know, like how the world can't exist without evil or adversity and the necessity of that. And we talk about, I can talk about religion a lot too. Like personally, I'm agnostic, so I'm not, I'm like the in between, between not yet atheist, just like questioning everything. So I can talk about religion a lot. Like I respect religion and I find it interesting. Just personally, I can't, I don't agree with all the values in religion, especially regarding like LGBTQ+ or women's rights. Especially women's rights. Because women are very, they're painted as subservient and like religious text. So not all of them, but I just can't agree with that. So, when I was in first grade, we went on a cruise to Alaska with the entirety of my mom's extended family.

Question 32:39

Do. What's the best vacation you've ever taken?

Mallory Asis 32:56

So there was like 30 of us. And I was really little. And I just remember like there was like this ice cream place that was like free since, I mean, it wasn't really free because we paid for the cruise, but we'd go to the that ice cream place three times a day and it was just so great. Like, I don't know, when you're young, you don't like care about like food and stuff as much. You just like live and have fun. So we just like swam and ate ice cream and went on hikes in Alaska all day. And it was great.

Question 33:33

So fun. What was the best part about Alaska? I've ever been there. So.

Mallory Asis 33:39

I mean, I'm a for hiking, so I definitely say the hiking trails and the weather, too, cuz we went okay, we went in the summer so it was like colder. I mean, no, it wasn't snowing or anything but it was like San Diego winter in the summer in Alaska. So I like that. I and the glaciers are really pretty. So, the last song, I think I didn't play it on my phone, but there was like this event outside our dorm that went late last night to like ten PM and they were playing like Michael Jackson's, Abcs, ABC 1,2,3.

Question 34:05

What's the last song you listen to?

Mallory Asis 34:33

That was outside. I remember listening to that while I was falling asleep. Was like cranked up. So, it's just the two of us.

Question 34:41

Do you share a room with your roommate?

Mallory Asis 34:44

So then it's a whole plan or like I forget what my friend said it was, you just go outside and then there's other rooms. It's not a suite or anything.

Question 34:56

Awesome what's a small thing that never fails to make you happy?

Mallory Asis 35:06

Probably my family. I don't think that's a small thing. But just knowing that I have a family back home and a family supporting me, just like the just thinking about that makes me happy cuz they're super supportive. So, I'd say you only have one life and you're not living it to the fullest if you're starving yourself.

Question 35:23

What would you say to all of you that was struggling with eating disorder? Like what would you say to her today? And like what would you say to people? Like what did advice would you give them if they're struggling with an eating disorder? Like get through it.

Mallory Asis 35:48

Because you're not just restricting your calories and your food intake, you're restricting yourselves from happiness, like things that make you happy. Because when you are in an eating disorder, like your body image is so skewed, you're like perception of the world is really negative. So I'd say like, I don't know, you don't have to be thin to be happy and you don't have to be thin to be pretty or to be fast. And there are so many more things that are more important than that. Like a big thing I've had to tell myself, because running has never been the same for me after my eating disorder, like I can't really say that you do get back to that speed, because physically that's some people do, but that's just not in the cards for everyone. But what I realized the other day when I was watching the world Championships for track was that you're not really making a huge difference in the world by setting a record. That's a cool achievement and all, but it's not really helping anyone. It's not really making a difference. It's like it can be a source of inspiration for some people. Sure. But there are so many more things you can do that doesn't require you to be thin or malnourished, for sure.

Question 37:16

Love that. I feel like it's really hard because I feel like people also struggle with body dysmorphia. Even if even a little bit overweight, they're no like, I need to be skinny or I need to be skinny. How do you think? How do you think people get through that?

Mallory Asis 37:36

That is really hard cuz I've been reha recovered from my eating disorder for almost two years now. And I still struggle with body image a lot, especially since like I'm the cross country team, I'm on here. I can tell has a lot of disorder eating just by like, like looking at people and like watching their food and taking stuff. So I kind of like look up to certain role models. And social media isn't always the best, but if you follow certain accounts, I think it really helps.

Mallory Asis 38:14

Like there's this runner, she used to be, she used to run for Organ State. Her name is Emma Abrahamston. And she's not like your average like runner's body. There is no runner's body. But she's not like super thin or anything. And she just has the time of her life and is super positive about like body image and stuff like that.

Mallory Asis 38:40

So honestly, just remembering that there are people who are not then and there are people who are either normal or plus size that are extremely accomplished and happy people. And that's possible for you at any weight.

Mallory Asis 39:01

And then also just the idea that our standard of what is pretty is, very skewed, I'd say. And it's, it changes with the century. Like in, I mean, in ancient Greek, if you look at the statues and stuff in Rome or in Greece, like, the elitist were heavier and had more curves and that was more attractive in that era. So it just changes with society. And I don't think you should base your idea of pretty or beautiful on the BA, the standard that society has. Like that shouldn't be your basis. You should have your own individual basis for, for that, which is tough. But I think that's the mindset is necessary to adapt.

Question 39:56

I love that. What's your favorite form of self care?

Mallory Asis 40:00

Probably journaling like sometimes I didn't used to like to journal because I thought I had to make it perfect, like this writing masterpiece but now I'm just like I can just talk about whatever I wanna talk about and not be judged. So definitely that are just like taking a longer shower, like a hot shower or something. Smelling candles, I just found out we're not allowed to have candles in our dorm, but I don't like them. I just like smell them if I'm stressed or something cuz I like the scent. So, okay, exactly.

Question 40:32

So I used to light all the time. I don't think it matters. Like they're not gonna know and it's not gonna burn down the dorm. Like it's just like a safety thing. But you don't, you can definitely, if you're careful about it, you can light them. It's fine.

Mallory Asis 40:46

Okay, aside from recovering from my eating disorder, probably getting to college.

Question 41:01

What's the goal you've achieved at your product?

Mallory Asis 41:11

Oh and becoming solitorian, that was a big one cuz I wanted valid Victorian since I was like in preschool when I found out what that was, I like that was my goal and I was like an elementary school, I'm just gonna do really good so I can take advanced classes in middle school so I can get ahead for high school. And I had like the whole map planned out and I didn't end up getting it, but I I'm still proud of myself for trying and being, I don't know, graceful about the loss a little bit cuz I don't know, everybody was kind of upset when the other guy won because he's not the nicest person. So I don't know, but probably getting to college too because like I always expected to go to college, but my senior year I had a lot of mental health issues and I ended up being hospitalized for a while. And we weren't sure if I was gonna graduate cuz I was in 4 psychiatric units and I was missing a lot of school. And we, my mom and I were emailing the principal in our counselors trying to figure out how I was gonna, like back to school and graduate. So honestly, graduating high school and deciding to come to college was a big accomplishment too, and a big goal that I had. Like it's a goal I'd have, I'd had since I was a little girl, but once I got closer, I realized it was harder to obtain and I wasn't gonna go to college and that's like after everything that happened, and that's why I didn't choose to commit to come to school until three hours before the deadline.

Question 42:57

In.

Mallory Asis 43:09

But I think I'm happy I did.

Question 43:14

You should be proud of yourself. You went through a lot and you didn't hold back. You just kept going and you're like, that's awesome.

Mallory Asis 43:21

Can. Thank you.

Question 43:25

I didn't know that you were in a psychiatric ward.

Mallory Asis 43:29

I was in four. The first one was really scary cuz like I was in the and they just transferred me to the first open one, and I had just turned 18 six days prior. So my family didn't have any say in it or anything thing. Like I wasn't with my parents and I like walked into the well, no, I didn't walk in. I was like and like the hospital bed thing and the lady was like, this is not the place for someone your age. It was just like this open floor plan with a bunch of beds right next to each other. And it was like old men like in their 50s and stuff. And it I asked like Woden was the last time a patient heard another patient? And she was like not that long ago. When I was just like it was really scary. But the other ones I was in were like partial hospitalization so I didn't have to spend the night. So, I had a s two suicide attempts because I had a lot of trauma when I was younger.

Question 44:32

What made you go there?

Mallory Asis 44:42

And there were some kids and some teachers that, or one teacher that were making kind of triggering jokes about assault and like women and stuff like that. And it kind of just like built and built and built. And I was having, cuz once you recover from your eating disorder, like after a little while the reason for your eating disorder comes up. And I was dealing with flashbacks and a bunch of unprocessed trauma with the triggers and stuff. And I just kind of, it was more when I think I snapped when like the UC application results came in because I didn't apply anywhere in San Diego, because my abuser lives in San Diego and he's on Parole and he's not allowed to leave. So, I wanted to get out of San Diego, so I wouldn't have to like be afraid that like he could get to me, since his Parole only limited him to San Diego. And when I found out that I was just, I mean, I kinda, I guess, just with everything overall going on, I kind of exploded when I didn't get in. I was waitlisted. And eventually I got in. But, at the time, I was just like, I'm never getting out of San Diego, like, and it was more, it wasn't just about getting out. It was about surpassing my abuser, and like showing him that I could be accomplished and I don't know, do more than he did cuz he got into UCSD so I didn't apply there. Cuz he still goes there and I wanted to do better than that. So that's when I, okay, when I was a freshman in high school, it was like date .

Question 46:38

When you say, when you say abuser, do you mean do you get assaulted or the. Oh, my gosh. Where were you?

Mallory Asis 46:53

So he was a few years older than me and I was 14, so I didn't really, no, it was going on. He was just like another kid on the cross country team. So, and he's on Parole because there were about six other girls that he like, like a sexually assaulted and stuff.

Question 47:05

A new one.

Mallory Asis 47:15

And I tried to report, but it was during Covid and they didn't have, it was really bad, like they didn't have enough room for like a court case to happen. And it was really messed up. Like my mom has a lawyer friend and she was telling us that they weren't taking cases because they were just so books. So mine didn't go through. But a year later, another girl reported and he pled guilty, but all he got was Pearl for I don't know how long, and he can't leave San Diego. So, I was in a relationship with him for six months, and I didn't really understand what assault was.

Question 48:00

I'm sorry? Did you go on a date with him? And it.

Mallory Asis 48:13

And I stayed cuz I kind of felt threatened to tell anybody what was going on. So, I appreciate that.

Question 48:23

I'm sorry. No one deserves that. No, I'm really sorry. And like you've told me so much about you and I'm wow. No, like you could, you should actually be so proud of yourself because like you've been through so much. Like you've been through an eating disorder because of societal standards. Like you've gone through like a guy taking advantage of you. And I feel like women like try to see the good in people and like sometimes it really affects them. And I've dealt with the same thing. Like I understand and you're so sweet and you're so kind and you're so smart and you are very like, well spoken and you should be so proud of yourself because for someone who is in a psychiatric ward, who's been hurt before, who has been just given many, so many battles to fight, like you've gotten through them and you're at a college now with a new star, a fresh star.

Mallory Asis 49:04

No, thank you.

Question 49:32

Like you're doing running, which is awesome. You went D1, like, and you've accomplished all that with all the stuff that you had to go through. And I feel like people sometimes think like, oh,

just because I, I'm like a basket case or I'm, I felt like that I'm, oh, I'm like, I have so many issues or like but no, like these are the cards that were given to you. And it's not easy. But no, you should actually be so proud of yourself you're doing amazing.

Mallory Asis 50:01

Thank you.

Question 50:03

And I hope that people see that and I hope that you see that because you don't deserve any of that. And I'm so sorry that happening. I'll fight him if I ever, I'll fight him for.

Mallory Asis 50:15

Thanks, hopefully.

Question 50:17

But like the fact that you're so in touch with yourself and you know so much about women's rights and your passion about feminism, and you're super smart and you're gonna be a DOC after in 20 years when you got your PhD and you've gone through it, you can just, you know what to look out for and you're worth and you know who you are and you don't let anyone tell you different, of course.

Mallory Asis 50:46

Thank you. I really appreciate that. It's been hard to, like, remember that stuff because, like, I don't know, going into college, like, there's not a lot of support systems open yet. And it's just like, my family's at home, so it's just spend a lot.

Question 51:05

Well, if you ever wanna chat, like, and I'm not doing anything at work and you wanna book a time, like, I'll totally talk to you about anything cuz I've been through a lot of stuff. I've been through, like here, I'm gonna stop the recording. Hold on.

Mallory Asis 51:21

Okay.

So how was your week been?

Mallory Asis 00:04

My weekend it was really good actually. We drove up to San Francisco, which is like 20,30 minutes away depending on traffic. There was a lot of traffic, so it took a little bit.

Question 00:15

Right.

Mallory Asis 00:16

But we ran was called Lands End Trail. So it's just like this like foresty area right before on the coast, like on the cliff side, right before the Golden Gate Bridge. So that was really cool, oh, honestly, it was because of the coach, because I wasn't gonna run in college unless I ran here and academics came first.

Question 00:31

Cool. You never told me why you decided to go to that school. Like, why did you decide to go?

Mallory Asis 00:47

That that's why. I don't know at the other schools it would have been too much of a commitment to run, but here they prioritize academics and I wasn't gonna come to school. I was gonna go to community college just to stay close to home. But then I emailed my coach and I was like, hey, I just wanted to let you know I'm like really injured, going through a lot of health stuff. And I was like, am I still on the team? And he responded with like, your health come first. Comes first. Even though we're cross country coaches, we want to make sure you're healthy before you're an athlete. And that meant a lot to me. So I decided to come. And also cuz of the small class sizes, like I was gonna go to Berkeley, but I didn't wanna be in like a class with 300 other people cuz I need to talk if I'm gonna learn. And class sizes here, like my biggest class is probably like 30 people, and that's like Jen Kim. So they're really small class sizes, which I like a lot. And the area is really safe. Like if I went to Berkeley, I met somebody who like got into LSD and drugs and stuff because of the culture at Berkeley. And I was like, probably not.

Question 02:00

No, you know, it okay, so if you could live anywhere in the world, where would it be and why?

Mallory Asis 02:01

So.

Mallory Asis 02:14

Okay, either Washington or Costa Rica. I know those are completely different, but washing, I know Costa Rica just because of the slots, cuz I really like slots. I'd wanna live in a treehouse or something. I think that would be cool. And then Washington, just because, I don't know, I really like the weather there. I know cuz it rains a lot. And like in San Diego, we don't get a ton of rain, but I like the rain. I even like running in the rain because it's cool and stuff. And there's a ton of trees over there, so, I don't know.

Question 02:45

It's awesome. What's up with you and slash? Why do you like slash so much?

Mallory Asis 02:50

I think it was just like my mom just sent me this like Instagram reel of like a sloth, like swimming in the water. And I thought it was like the cutest thing ever. So like in middle school we just like sent slots back and forth to each other all the time. And so it kind of just stuck. I also like it cuz like I like the vibe they embody cuz I've, since I'm a runner, I don't know, we're always super fast paced and like with school and everything, there's not enough like a lot of time to slow down. And I think like the sloth and bodies like, I don't know, just chilling out and being okay with that, like giving yourself permission to take a break and take it slow.

Question 03:35

Awesome. What's the LA? When was the last time you laughs already almost, you almost start crying like you were just like having like, do you remember a time we were just laughing so hard and what happened?

Mallory Asis 03:51

Oh, probably here. Oh, we the girls, the woman's cross country team doesn't like mingle with the guys cost Crust Country team at all. But there's a couple like freshman on the team that really want to get to know the guys team. And one of them kind of has a crush on someone on the guys team. So at the Barb, this back to school barbecue we had, we like all went over to the guys and my the other freshman were being so awkward. And at one point one of the guys was like, how are you doing today? And she just stared at him and she was like we were just laughing so hard. It was like an embarrassing but like funny moment. So, now it was kind of boring.

Question 04:39

That's funny. How was the barbecue would you do? Did you bring any food? Like how is that vibe?

Mallory Asis 04:49

We got like a piece of grilled chicken and some salad. So the food was good, but like, I don't know, it wasn't really a potluck or anything. We just kind of like we're in there for 10 minutes, went to the guys team and embarrassed ourselves and then like, went back to bed. Cuz we got ready for bed. Cuz our practices are super early in the morning. Like this morning we were about 5:30 to get out there, and I was almost falling asleep in class today I was so tired. So, do I what?

Question 05:18

Do you cooking? Do you like cooking? Like, if you were back home, what would you cook?

Mallory Asis 05:24

Well, I do like cooking. Like I'd cook back home. I like baking a lot, too. It's just we don't have a kitchen in our dorm, so like can't really do that right now. But like sophomore year they have sweets instead and they have kitchen, so that'll be cool.

Question 05:42

Like what are your favorite things to cook?

Mallory Asis 05:45

Honestly, I will eat an omelet like anytime of the day. So it's super simple, but I'll just like cook an omelet or something thing. Or like my mom has like this old recipe passed down from her great grandmother. And it's like brand muffins. It's just, it sound gross, but it's really good.

Question 06:06

That's funny.

Mallory Asis 06:06

So I think that.

Question 06:11

Do you remember a time where you were embarrassed, like some embarrassing moment?

Mallory Asis 06:17

Me? Oh, it was, this was like in 4th grade. I had really sweaty hands cuz I was nervous to use the ipads or whatever. Cuz she kept on, like, her teacher was kind of scary. She kept on telling us that we can't drop it or we'll have to pay for the whole thing. And you're like a 4th grader so you don't wanna like mess up the iPad or whatever. And my hands were so sweaty and I was using it and then I was in the class and I put the iPad back in a stack and the teacher came up and she I called out the number of the iPad that I had, and she was like it's broken. And she was like, did you get water on it? And I was like I just had really sweaty hands. And so in the front of the whole class I was like, I broke the iPad cuz my hand sweated too much. But it turns out it wasn't me. It was just another girl who was using hand sanitizer and she accidentally got it on the iPad on top of mine. So it just like drip down. But at the time I was incredibly embarrassed.

Question 07:19

Anything that's so funny.

Mallory Asis 07:20

So, never fails to make me, what, laugh?

Question 07:22

Oh, my God what's a movie scene that never fails to make you love, laugh or smile?

Mallory Asis 07:36

Oh, that's hard.

Question 07:36

Just like a good movie scene that you like. Or you could just say a few if you want. Whatever you wanna do.

Mallory Asis 07:44

I don't know scenes, but Guardian of the Guardians of the galaxy always makes me laugh. I don't know why. I can't remember what scene, but just like, I don't know, there's just a lot of humor in there.

Question 07:58

You like Groot?

Mallory Asis 08:00

Yes, that makes me laugh, and just random things that rocket, the little raccoon says, that makes me laugh too.

Question 08:02

I love Grudy. So cute.

Mallory Asis 08:13

And I think I still laugh at home alone. Just different scenes in Home Alone when he's dancing by himself in the house and stuff like that.

Question 08:23

I love that. Maybe if you could trade lives with any celebrity, who would it be?

Mallory Asis 08:30

Oh, gosh, that's hard. Can I say a runner? They're kind of a celebrity. I don't think you know them though. Okay. I trade lives with Courtney to Walter cuz she's like, I just want to be able to do what she does. She has the world work record for the hundred mile race. Guys and women, like men and women both, like, and I think that would just be super cool to be able to run like 100 miles without stopping. And think that's just crazy. And she's so happy too. Like she has a great relationship with running and everything and goes back to the community a lot. So, no, I would just want to run cuz like lately running has just been so hard with how low my iron is and long runs are my favorite cuz you get to go at a slower pace and you just go on forever.

Question 09:15

That's awesome. Why, like, what would you do if you had, if you were in her like, shoes, like, what would you, what would you do?

Mallory Asis 09:34

So I wanna do that. I'd also wanna like if I was her like take a more activist approach. So be able to talk about healthy relationships with food and like not developing and eating disorder. When you run like really emphasize rising points like that because she has such a platform. I'm just like the dis the wage gap disparity between like. Women and men when it comes to sports and stuff.

Mallory Asis 10:03

Cuz someone like her, she's like beating guys in hundred mile races. I think I should say something about, you know, gender wage gap, disparities between men and women in terms of sports.

Question 10:12

Right.

Mallory Asis 10:14

So, oh, definitely, definitely.

Question 10:16

I feel like you're very passionate about women's right. That's all what's your weirdest guilty pleasure? Do you have one?

Mallory Asis 10:29

Guilty pleasure. How? I don't really know. Probably reading. Like, I don't know why, but I said this to my mom before I left over the summer.

Question 10:40

Guilty about reading.

Mallory Asis 10:42

I read it. No, because sometimes I literally stay in my room for 4 or 5 hours just like reading a book. And I just feel so bad cuz I have so many things I should be getting done. So I guess just not, I guess not being guilty about reading in general, but guilty about reading too much and like wasting time. It has to be a good book, though, for English. I have to read 40 pages tonight from the textbook and it's literally just defining literature, like Greek definition of literature and

Charles Dickens definition of literature. And it's really boring. I wouldn't want to read something like that for five hours. So, favorite book?

Question 11:30

What's your favorite book?

Mallory Asis 11:32

Oh, probably either the Grace here or 1/4 of Thornton roses by Sarah Moss. I like that one just because I feel like that one's very fee. Both of the books are very female empowering. I like to read books with female and them and stuff like that. So I like that one because of the fantasy element. But the Grace here, I really like it because it's about, it's kind of like a little twist on the Salem witch trials and how we like suppress, suppress woman to an extent and just stuff like that and finding yourself. And I don't know, it was just a really good book. Lots of stuff about lemon.

Question 12:19

That's awesome what does your dream life look like in 10 years? What do you see yourself like? What's.

Mallory Asis 12:29

I've honestly thought about that a lot and I think it's definitely changed. Cuz before I wanted to like be a doctor and run and like adopt and just like be super busy all the time. But now like I don't know, like I wanna be a doctor but at the same time I don't want it to consume my entire life. So like an ideal 10 years from now, oh well 10 years from now I hopefully I'm done with medical school, but an ideal 10 for years from now I would be like working part time as a doctor or maybe not quite full time. And I could spend end time riding instead in my spare time just like having a family and stuff. And dogs, I want dogs.

Question 13:21

What kind of dogs?

Mallory Asis 13:23

I wanna Bassett Hound because they have really long ears and it's mean. But I think it's so funny when like they're drinking water and their ears just get like wet from the water and like they stuff on them and stuff. I just think it's funny that. And then at home we have a wider writer, which is like this gray pointer haired dog with shorter hair. They're really fast. They have quite the personality. So I'd probably want another one.

Question 13:59

What's your favorite song to sing in the shower?

Mallory Asis 14:02

In the shower. Probably anything Taylor Swift. Like anything Taylor Swift, exactly 3.

Question 14:08

I love toys. What's your favorite song, top 3 favorite?

Mallory Asis 14:17

Oh, gosh probably paper ring says my third one. Gosh, I don't really know names very well. Reputation. And I don't know one of the classics.

Mallory Asis 14:41

What's the one where is like, you belong with me or something like that best quality.

Question 14:56

What's your best quality?

Mallory Asis 15:05

Probably empathy. Because like I feel like when you go through a lot of adversity and stuff like that, you're able to relate to people a lot better. And even in, I don't know, my teacher, I was helping a lot of kids when I was a senior. And sometimes I get fed up with kids that had, I don't know, problems that seemed less than the magnitude of issues other kids were going through. And he was talking to me about how you can't really pick and choose because everybody experiences things differently. So I guess just having empathy towards everyone regardless of the situation.

Question 15:57

Do you have any regrets in your life?

Mallory Asis 15:59

Regrets. Not really. I mean, I could name a few, but, like, I wish I'd quit softball earlier and started running earlier. Or I wish that, like, I was more proud of myself with accomplishments that I've had, like with school or with running and stuff like that and just appreciated it more because, like, I don't know, you don't really understand the gravity of what you had before you lose it. But at the same time, I don't really believe in having regrets because I kind of think everything happens for a reason. And I wouldn't be the person I am right now if I had taken a different course. So, I know I've definitely changed over time.

Question 16:41

Hum. What's an opinion you've had that is changed over time?

Mallory Asis 16:54

So probably, probably the idea of perfectionism. I think I kind of was like quasi anti perfectionism when I was younger. I'd write papers in class with on the theme of affectionism and how it's like an unachievable quality. But when I was younger, I think we're just, when people say do your best and they said that over and over again, especially when you're young, you kind of think that means be perfect because your best, the best as almost synonymous with perfection. So I think for a long time, I had that mindset. And then I kind of had the mindset where, well, you don't have to be perfect, but I should try anyways. And then now I'm kind of like perfection is just like overrated. Like it's, you can't really be happy if you're always striving for perfection. So now I'm just with the focus is more working on not being happy all the time, because that's just unrealistic. But just being more content and accepting rather than striving for action, oh, the most important, definitely my mom.

Question 18:11

I agree, who is the most important person to you?

Mallory Asis 18:22

I know that's kind of like my dad's important, too, but my mom's definitely the most important person to me, just cuz, like she's been there for me and I'm really lucky to have that. And she's kind of my best friend. Like, I don't know, I don't have a ton of close friends, and she's like the person I can, like, tell her everything. And she's always supported me and believed in me and stuff like that. And I guess, I don't know, sometimes my dad hasn't been like that, so she's just kind of my rock. So, definitely.

Question 19:02

When are times that she's been your rock? Like, what did she do? What did she say? What are some things that she does that helps you?

Mallory Asis 19:10

She's the reason I recovered from my eating disorder, cuz a lot of eating disorders stem from a little bit of disordered eating from parents and from pressure parents put on their kids and stuff like that. But my mom was super supportive. She, like, my doctor wouldn't let me touch food. Like, my mom had to be in charge of forcing me to eat food. And even if I was crying, cuz I didn't Wanna eat, like, she would make me eat. And that was really important because, like, my doctor, she told me that I was so malnourished that my heart was, like, in the thirties. So she told me it was so weak that I could go to sleep and it would dip like in the 20s, and I could die because it would just stop. So I had to recover. And I don't think if I recovered by myself, then I would have, like, made it through. So, like, she's really important that in that regards. And also, like now too, because even though she's not here, I can call her at the end of the day if I'm having a rough

time. Cuz it's kind of tough. Cuz I'm fully recovered from my eating disorder and I have been for a while. But a lot of girls in cross countries struggle with disordered eating or sometimes eating disorders and stuff that. So it's just been hard being around people like that. I don't blame them I just, like personally a little bit triggering. So it's been nice to, like, color and get some reinforcement. It's like, you're healthy stuff like that.

Question 20:57

What's also, it's something maybe your mom has said to you that you remember that like helped or like stuck out to you?

Mallory Asis 21:11

Honestly, just I'm proud of you because I feel like when I was younger, my parents kind of had the mindset that, like, I didn't really need to hear that because I was doing well. And so I didn't hear that for a really long time. And so one day I asked them, I was like, hey, are you guys proud of me? And they were like, of course we are. And they were like, why wouldn't you think? Think that in my mom? What was I gonna say I told my mom, I was just like, well, I just don't. I've never heard you say it before. And so she always says it now. And it's, it's nice the happiest.

Question 21:49

When are you the happiest?

Mallory Asis 21:53

Oh, definitely. After slam poetry competitions, even if I don't win, I don't think I've ever won a slam before because I haven't been doing them that long. And I always go over the time limit and that, like automatically defaults you. But I don't know, I just really love just the audience's feedback and, like just the energy there. It's really, it feels, I don't know, it's really supportive because honestly, slam poetry is just on a kind of like trauma dumping a little bit. So it's an, everybody has gone through the same things. And that's one of the things, like the good that comes out of adversity. And one person wrote a poem about, like, how the only thing interesting about them is the stuff they've gone through, but it's really good content for poetry, which is kind of sad but very true at the same time. So I just like that everybody can relate to each other and that everybody is so positive, even though the stuff we're talking about is really negative. So, and I usually go with my mom, so that makes me happy. Too.

Question 23:09

I love that what are you most afraid of?

Mallory Asis 23:16

Afraid, probably not fulfilling my goals because, like, I don't know, I've had my heart set on being successful. Like the whole, all of, like, the work I put into academics and everything has and

overflowing with APS and like double majoring and minoring and doing pre mended. Everything is to be successful so I can have a platform and like give back. And so I guess I'm afraid of not that not, happening and my path bearing which I don't know it's kind of scary to me like I don't really know what I'm gonna do if I don't get into med school right now as a college student, I guess that's what I'm scared of.

Question 24:13

Well, if you don't, there's way more to life than your work, right?

Mallory Asis 24:20

It's hard to think like that cuz it's like school just like sets you up for a job. So right now I'm kind of very job oriented cuz I don't wanna be homeless. So, that's true.

Question 24:34

You'll never be homeless, your family of friends. But what I like to think is sometimes I get into the headspace of, oh, like I have to be the best. I have to get like straight days. I have to be career oriented. And sometimes I feel like that's the time of your life where you might lose yourself a little bit. And I just don't want you to lose sight of what matters in life. And it's like your happiness, your well being, like your friends, your family, like your support, your love. Like that's what you should strive for.

Question 25:08

Like at the end of the day, like if you don't make med school and if you don't become a doctor, there's gonna be so many other opportunities you could get a job in public health like there's so much out there. And as long as you're well being is safe and you're happy and like you're doing things that help you and like your mental health, like you'll be good like I promise.

Question 25:31

So don't let those fears invade your space. Don't let those fears overwhelm me because think about how many people have done it. Think about how many people have graduated college. Think about and there nothing you like you're very eloquent you're very smart.

Mallory Asis 25:46

Thank you, it's good to hear that.

Question 25:46

So don't don't let that like fear like takeover like make sure you s you make time for yourself. Make sure you make time to do something fun like you know what I mean?

Mallory Asis 25:59

I don't know why. I just had it in my head that if I didn't have a job, I wouldn't have a house and I wouldn't have a place to live. So I was just like, but you're right, I can just go home again in.

Question 26:08

What's jobs come and go like they'll be there like you can get a job with no experience like you can get a job like, everything will work out I think there's a quote that I really like it's what is meant for you will find you and I think that's true like wait but out into the world is gonna come back to you and I feel like if you just keep being a good? Person and doing your share of things you need to do like it'll come back and help you out in the future, you know oh, what is your pet pee that drives you like crazy?

Mallory Asis 26:39

I like that quote. I like that a lot.

Mallory Asis 26:53

That's a tough one. Probably people that like talk about diet culture and like their weight and stuff like that all the time, because like, oh my goodness my there some of the kids on my high school cross country team would just like say the most horrible things. Like they'd always be calling themselves fat. And one of my girls are really like to eat bread and it really, carbs are really good for runners. And they'd always tell her she can't eat bread and stuff like that. And just I was just like, what are you doing? So just, I don't know, people who put other people down like that. It's a big pet peeve cuz they do it as a joke too. And I just, I don't know, that just annoys me.

Question 27:47

I think of another question, eh? Have you ever had a job?

Mallory Asis 27:56

I did. I've had a couple. Well, some of them weren't paid. So I guess those aren't jobs. But I worked at Red Lobster for a while and I hated it there. It was horrible. I was, it was during Covid 2.

Question 28:11

No.

Mallory Asis 28:13

And we always, it was, oh in the summer we'd still have to wear black dress pants and a black button up shirt and a black apron. That be so hot in there. And the management was really bad and I wasn't old enough to be a waitress. So I had to be like the busser and the hostess. And people can just be really mean. And like at Red Lobster they're really messy cuz you've got the crab legs and like the lobster tails and like the flutter and everything. And it's just like flying

around. And when they were so understaffed I had to get drinks from the bar and like bring them to tables and stuff. But I was 16 so that was kind of illegal. And one time I spilled a whole can of beer all over me, and I just smelled like beer the whole day. It was so bad, I went home smelling like beer. And my parents were didn't even question it cuz they knew I had to do that stuff.

Question 29:17

If you won the lottery, what would you do with the money and what would you like, what would you be? What would you do?

Mallory Asis 29:24

I definitely donate a bunch, especially to plan Parenthood and organizations like that. What else? I donate to the Sloth Foundation in Costa Rica, where they have, like baby slots and like this animal Shelter and then I'd buy a house. And I'd save some. I'd probably put some in stocks, but I'd like pay somebody to do stocks because I remember an AP Gov last year, we had to like pretend to do stocks and like we invested in stocks and stuff, and I was not good at it at all. I feel like it's just luck and then I'd probably give the rest to family, but definitely buy a house.

Question 30:13

That awesome. Like dogs or cats?

Mallory Asis 30:21

I used to be more of a cat person, even though I didn't have a cat because like my dog used to be super rambunctious and she'd always jump on me. So I wanted a cat. But now I'm definitely a dog person, but like a mellow dog, not like the hyper wants that like jumping claw and stuff.

Question 30:47

What's your favorite? Like, sweet treat?

Mallory Asis 30:51

Who probably ice cream, but like the ice cream from the zoo cuz they have like the soft serve ice cream at the zoo that kind of taste like, it's like so light. It tastes like what? Cream kind of now, definitely somebody who's kind, but not just kind to me, kind to other people.

Question 31:08

Eh, okay what do you look for in a partner?

Mallory Asis 31:28

And definitely someone who can like carry a conversation just cuz some guys like, I don't know, all they can talk about is like video games and stuff and then gets kind of lame. So, I have, I've had a couple, but like none of them were very long and I don't know, they didn't work out great.

Question 31:41

Let's say, have you ever been in a relationship or have you ever, like, had a boyfriend?

Mallory Asis 31:59

So, definitely that I had low standards and low self esteem cuz, I don't know, I feel like I just like dated people cuz I was lonely and I that's not a good reason to date someone.

Question 32:02

Did you learn anything about yourself through those relationships?

Mallory Asis 32:19

I think you need to get into a relationship when you don't need a relationship, like when you're enough by yourself and the other person just compliments you. And I definitely, cuz at first my standard was just somebody that's kind. And I realize that people are a lot more complex than that and I'm a lot more complex than that. And sometimes kindness just isn't enough for compatible relationship. So, I'd probably tell myself to question why I wanted to date those people.

Question 32:49

I did that. If you could tell yourself, if you could go back and tell yourself something before you dated all those people, what would it be?

Mallory Asis 33:08

Like, they weren't bad people. They just like, I don't know, one of the guys I did it like, I don't know, we'd go to, I took him to an art museum like in one of them is free in San Diego for students. And I'd be, I would be like, oh wow, look at the symbolism because it was like a mural depicting culture in Tijuana versus San Diego. And like the similarities but also a lot of the differences. And he was just like, it's black and white. And I was like, okay, that's all you got. So I don't know, I tell myself that I deserve more and that's something like I don't remember who, but so I was talking to somebody, an adult about a situation I was in recently with a guy was gonna date but he had told me upfront that he cheated in all of his past relationships and like he wasn't in a great place and I was gonna date him but my, the person I was talking to is like you need to tell yourself that you deserve more than that. And I was like that's true cuz like what you need to go into a relationship that you would want like your best friend to go into like said that some standard for yourself.

Question 34:33

I think like, I don't know, I mean, like a feminism class, like a woman's session and someone was saying how like as kids were taught that if a guy likes you at a young age, he's he'll bully you like

his meet.

Mallory Asis 34:51

Yes, I hate that. I think it continues to some.

Question 34:55

It continues into adulthood. I swear like.

Mallory Asis 34:58

English.

Question 35:03

I mean, it's also, everyone struggles with knowing their worth and what they want, and I feel like it's just hard, like, but one thing that helps me is you were okay before them. You'll be okay after that.

Mallory Asis 35:20

I like exactly.

Question 35:22

Like, you were okay, right? Like, they weren't a part of your life. Like before you were fine. And so, like, after they're gone, you should be fine too. I'm running out of questions.

Mallory Asis 35:43

How much more did the AI people need?

Question 35:47

A good amount.

Mallory Asis 35:48

Oh, Jeez.

Question 35:53

I don't know, I'm gonna see if two hours is enough, because it's just like, bro, we'll see. And I'm sorry, I'll try to make it interesting, but there's a lot, there's a few other, there's some, I have like a whole interview sheet that I'm doing right now.

Mallory Asis 36:04

No, it's okay. Were there other people that were able to interview too, or?

Mallory Asis 36:15

That's good?

Question 36:18

What's your personal motto like.

Mallory Asis 36:23

Probably you're more than enough. And then I have a bunch of little sticky notes that I, like, keep up next to my desk, like, I'm worthy, I'm allowed to be happy, stuff like that.

Mallory Asis 36:34

But, like, I think I'm more than enough has been one that I've used for a long time. Because it used to be like, when I first started therapy when I was younger, it was like the DOC, now the therapist was always saying, you should use a mantra. And it was always, I'm good enough. But like, I don't know, being just good enough is kind of like the bare minimum. So I think it's good to tell yourself that you're more than enough so you don't have like, I don't know, I think it's like a fake it till you make it thing like if you believe that you have self worth, eventually you're gonna be like, now I do have self worth, so.

Question 37:13

What's the most difficult thing you've ever done?

Mallory Asis 37:16

Difficult.

Mallory Asis 37:25

Probably my besides running cuz some runs, especially coming back from stress fractures just felt like hell like we right when I came back, my code took us to Arizona to run a race in you take us through Sedona. Have you heard of that area? So I really pretty, but like it was so hot, it was like 100 degrees outside and like, and he had his run like 7 or 9 miles in the middle of the day at 12 o'clock.

Question 37:51

No.

Mallory Asis 37:59

And I just got back to running like a week before. And I was like, he was horrible. One of my kids fell down and then another one got four bloody noses and then we got lost and is crazy. But I'd probably say harder than that was like, when I was a sophomore, I took AP research, which is basically like the class itself wasn't hard, just what I chose to do was hard. Cuz I did my research

project on the predictive factors and characteristics of juvenile sex offenders. And so I was in contact with local police stations and correctional institutions. And like, I emailed the, I put a petition to look at records. I, I don't know, something, US policy, something in Washington. And so it was just, and then, oh my god, I emailed a Stanford professor, this, the psychologist, to see if I could get like, cuz I needed like regular people, like people I don't know, hopefully weren't sex offenders. And then, like a survey from actual sex offenders. But when I asked her for participants, cuz I wanted regular participants and I was like, a psychology teacher would probably, like, give out the survey. She responded with this nasty email about like how I would didn't have license to do that and I needed an IB board approval. And I had one and everything. But I don't know. There was a lot of pushback on trying to get that study out. And that was really hard. And it was hard for me too cuz it was a year long project. It was kind of triggering. But I wanted to do it kind of just to understand why things happened, and actually worked out in the end. Like I, I was a lot of work and a lot of pushback, but I think I'm choosing it as the hardest thing I've done just because it was mentally challenging. Not mentally, but emotionally challenging. But I think it helped to help see the other side. Not that I'm like saying that stuff is okay, but it just like gave me hope that it's possible for us to change correctional institutions so recidivism doesn't happen. And it's possible to change how we educate people in school surrounding likes how we treat people and stuff like that. I think we have need to have way more sexual education classes. Like I don't think 1 and like 8th grade is enough to cover that kind of thing for your entire life. So it was good. I ended up getting like I was super surprised cuz like my professor was like, I don't you're either gonna do really well on this or the reader is gonna be super conservative and read your paper and be like, oh, heck now. But I ended up getting a perfect score. So it wasn't just a 5, but I was one of 300 people in the world to get all the credit you can on an AP test, which is really cool. So it was rewarding cuz it was like a tough topic, but also it was recognized. So like actual people thanks.

Question 41:21

That's insane. Wow, you've come far. You've come so far. That's awesome. Alright what's your definition of success?

Mallory Asis 41:43

Honestly, just being happy. I think that's the hardest thing you can do. Not sensory gratification or anything like, oh, eating this ice creamer, going out with friends makes me happy, but like being happy with yourself. So more of self acceptance, like self love, I think is, well, I would define a success cuz I don't think, I don't know, I just think that's super important cuz like, I think you were saying this at the other meeting like we were at in person, like, like you like yourself never goes away. Like you're stuck with yourself. So I think success is coming to terms with who you are and loving who you are.

Question 42:29

Definitely would you change anything about yourself if you could and why?

Mallory Asis 42:41

Nothing's, oh, I wanna be taller. When I was younger, my doctor told me ever since elementary school that I was gonna be 5,6 based on my growth chart. And then in sixth grade, I leveled out at 52 and I never grew taller. I grew like a half an inch, but I don't think that counts for anything. So I just want taller. I don't know why. I just like.

Question 43:13

Do you wanna have girls or boys or doesn't matter.

Mallory Asis 43:17

I kind of wanna have girls. Like, I know it would be, I don't know, I hope that's not sexist, but I wanna have girls just cuz I wanna like, I don't know, I just wanna read like badass woman, you know? I wanna put like, I want them to make change too in the world. So I've always had it in my head that I teach them self defense from a young age, like karate and stuff just so they know how to like, protect themselves and they're not like afraid to go out and stuff.

Question 43:39

What would you do with your daughters? Like hobbies and stuff like. What do you dream to do with your daughters? Like, what's.

Mallory Asis 43:56

Like my mom is mailing me prepper spray right now. I think I just got a notification that it just came in the mail. And I just, like, I don't want them to have to be afraid to live in the world as a woman. I know you do have to. Like, I just hate that we have, if you're going out to downtown, like my mom's like, be with people, or when I do slam poetry and I go with my friends, she always wants a guy to go. Just so like, I don't know, we're protected when we walk and stuff. And I just, I don't really like that. I wish we didn't have that. So I'd wanna do that. And I just, I don't know. I want them to run too. Like they don't have to run if they don't like it, but I just want them to try. So, probably just two.

Question 44:42

How many kids do you think you want?

Mallory Asis 44:47

I think 3 is too much and expensive. I was, I have a sister, so I think that's a good amount.

Question 44:50

What? What parenting style do you think you would have?

Mallory Asis 44:59

Gosh, I don't remember what they were like authoritative and assertive and apathetic. I think we're disturbing.

Question 45:07

Remember the actual term. Just like, what do you think you would be like?

Mallory Asis 45:09

Oh, oh, I don't know. I probably, no, I was gonna say I'd be the cool mom, but I think I'd be kind of strict just cuz, I don't know. Not strict in a bad way, just like I don't as, I don't know, no, I don't want to restrict. I'm changing my answer I think I'd be more relaxed just because I don't think I'll reach them around technology and stuff like that at, the beginning. I think I'll just focus on getting them out in nature and getting them to do things with their hands and, like, I don't know, like doing things for themselves so that when they grow up, I don't have to be strict. Just like starting young, that's what makes them happy. So, okay.

Hello, how are you?

Mallory Asis 00:01

I'm good. How are you?

Question 00:03

I'm good. So she's just gonna be like shadowing and kind of just watching what we're doing. Cuz she's gonna the same thing. So I told you about today, right? How the third session is very like I'm gonna be asking your take on advice for things like certain things, right? Okay, cool. So, okay, I'm my name is Molly and I'm in high school and you're my mentor. Okay, okay. How can I improve my study habits?

Mallory Asis 00:44

I would say the first step is to make sure that you limit distractions around you as much as possible. So if you're on your phone, I don't know, try to put it in another room or I think sometimes you can block certain apps, like make certain ads apps timeout so that you're only on them for a certain amount of time. And then if you're listening to music, I would listen to something that's like non vocal. That way you can focus on your study. Maybe like instrumental music or something like that. Unless you find like my roommate finds that vocal music helps her focus. So if that's something that works for you. And then other than that, setting aside a block of time that you wanna get something done, maybe not spending 5 hours doing your homework, but like breaking it up in chunk. After an hour you get five minutes to go on your

phone or take a walk or something like that, just so it doesn't look like a massive task and it looks like something more achievable.

Question 01:48

How do I manage my time effectively, though?

Mallory Asis 01:52

Manage your time effectively. I really like using a planner. So I like to plan my day out ahead and schedule everything I'm doing by the hour. And just it feels really nice to check off the boxes once you're done with the task and look at what you have ahead of you. So that helps. I find that helps me manage my time a lot. And just, I don't know, eliminating of distractions helps with that along too. So that goes hand in hand with staying on task.

Question 02:23

What should I do if I'm struggling with a particular subject?

Mallory Asis 02:27

I definitely ask the teacher for help. That's something I wish I did more during my earlier years of high school, especially in harder subjects like calculus or pre calculus. And if you find that you're sometimes teachers aren't very welcoming and some of them don't wanna help. Like my sister this year in chemistry, when she tries to ask her chemistry teacher to help her, it's, she seems, she says she feels like her chemistry teacher never really wants to provide help cuz she just doesn't, she's not used to kids asking for help. So finding kids in your class that are really good at the subject or just friends that understand the subject a little bit more than you, that helps a lot. Sometimes it's easier to get tutoring from our peers rather than from. From teachers or adults. So, I would definitely report it to some kind of authority figure, like right away, rather.

Question 03:21

How do I deal with bullying or peer pressure?

Mallory Asis 03:31

I remember a lot when I was younger, if you s, if you told your parents that you were getting bullied, they tell you to ignore it and tell it went away. But I don't think that's the best way to resolve conflicts because the person has to understand what they're doing is wrong. And a lot of people will call you like a snitch or, I don't know, whatever names they use these days if you title on someone. But I think it's important to get that cleared up because bullying affects your mental health and your state of being. And it's super important that you don't have to deal with that on top of everything else that you're already going through. So it doesn't have to be like your teacher or somebody, but just an adult that you trust. And I think it would also be good to vent about it with friends who can try to help you navigate that situation.

Question 04:22

What's the best way to prepare for college applications?

Mallory Asis 04:26

Start early. Oh my goodness. I was helping so many kids with college applications this year. And I think it's best if during your sophomore year you start looking into what colleges you wanna go to. Not that you have to pick any, but just so you dip your feet in the water and figure out like, do I wanna be close to home? Do I wanna go away from home? Do I wanna big university? Do I wanna small university? Do I want private? Do I want public? Just looking at your options so you're a little set up and also looking at what you might wanna major in.

Mallory Asis 05:00

But it's okay if you don't know what you wanna major in right away because I've already changed my major a few times. So but I'd start in sophomore year and then end of junior year of during junior year I pick what colleges you wanna apply to.

Mallory Asis 05:17

And then summer after junior year I'd start working on your essays because depending on how many s if you're this is this is a advice for someone that's applying to a lot of schools if for sure you only wanna go to a handful of schools, I think it's safe to start later like do it during your senior year but if you're applying to a lot, you're gonna have a lot of essays to write and it's good to have them finished at the beginning of the school year, so you can get in contact with counselor or a teacher so they can help you edit your essays.

Question 05:53

Awesome. How can I choose the right extracurricular activities?

Mallory Asis 06:00

I'd say try everything, like, obviously within balance, like a reasonable amount. You don't wanna overload yourself, but you don't have to stick with the first thing that you try. That's a big piece of advice that I would have benefited from when I was younger, because just because your parents throw you to, into an extracurricular activity when you're little doesn't mean that has to be your passion for the rest of your life. Just like trying new things and figuring out what works best for you. And if you don't like something, a lot of people say that you should be committed and at least stay with it for the whole season. But if it really, if you hate it that much, I would talk with the person in charge and see if you can get out of it. Cuz you don't wanna waste your life, right? Like that.

Question 06:47

How can I cope with exam anxiety?

Mallory Asis 06:53

Honestly, in high school, I would just realize that your exams, your exam scores and your grades aren't a reflection of who you're as a person. And they're not always a reflection of your intellectual skills either. They're just a representation of how good you are at taking an exam and how good you're taking this. An exam doesn't measure how smart you're. There's so many different things that measure intelligence, but not all. I know that the big source of fear surrounding exams is your GPA and your grade in the class. And to answer like the fear over grades and exam scores would be that your high school GPA, teachers and staff, over emphasize how important they're because you do not have to have a perfect GPA to get into college, cares more about your extracurriculars and your community service hours, what kind of classes you took rather than what grade you got in that class. And they care a lot about your personal insight questions, as well as interviews and stuff like that. So grades aren't necessarily the end of the world. And the sooner you realize that they don't define you, the less anxious you'll be about them on the exam. And also putting in the necessary studying to do well on the exam should give you some confidence beforehand, too.

Question 08:27

What should I do if I'm falling behind in class?

Mallory Asis 08:31

I would communicate with the teacher. If there's something going on in your life, like a family member is really sick or you're having a tough time mentally, then I would communicate that with the teacher. In a lot of times in high school, they're really accommodating because mental health is such a big issue in today's society that more people are aware about. Or just in general, you're just falling behind. I know a lot of teachers that if you just talk to them and be open that you're trying your best, they'll help you navigate that. So I would talk with your teachers first. And also if your teachers aren't super accommodating about that, that I might back off of other extracurriculars outside of school and just focus on school work until you catch up and then go back to your extra regulars.

Question 09:17

How do I make friends and fit in at a New School?

Mallory Asis 09:22

That's tough. That's also tough is that kind of reminds me of going into college cuz you don't know anyone. But what I find that work sometimes you can, it's a little gussy, but a lot of the times, especially freshman, they don't know anybody else. So if you just like go up to around a person that sitting by themselves and just like strike up a conversation. You can develop a

friendship like that. And also just getting to know the people in your class. So like introducing yourself to the people around you. And then a big thing that helps you make friends is like the extracurriculars. You get involved in and clubs and stuff like that because then you're around like minded people who share the same interest as you. And that's really helpful for the developing friendships.

Question 10:13

How can I stay motivated to complete my assignments?

Mallory Asis 10:19

That's hard. I used to be really good at that, but once I've gotten to college, it's a little different. I mean, I think just being really mindful of due dates and having due dates written down, because sometimes if an assignment isn't due for two weeks, you might not have a lot of motivation to finish it because there's not that sense of urgency. So I think creating some kind of positive reinforcement helps a lot. If you finish, I don't know, your math homework by like Wednesday or something, then I don't know, you can go out with friends or something like that. So just sending you up your own like form of reward system, I think it's helpful. I'm just knowing that you completed it and so you don't have to worry about it in the future.

Question 11:13

What's the best way to prepare for standardized tests like the sat or act?

Mallory Asis 11:20

Honestly, I wouldn't put that much weight on those because these days most schools don't want sat or act score because there's a lot of controversy around whether those tests are a good representation of your ability as a student, especially s be safe since a lot of kids spend thousands of dollars on tutoring for sat and act prep. And not everybody has that kind of money. But if you're really passionate about getting a good s sat score, cuz you wanna get into an Ivy or something like that, those are really the only schools that care about those anymore. I would get like an sat prep book from the library or something like that. And then usually there are some free like sat prep courses you can take if you know where to look. So if you do your research online and look for those, that can be helpful. But a lot of people I know just did it on their own just from the book. And I used con Academy a lot to help with sat prep because it's free and I thought that was beneficial. And then I didn't do this, but I think it would have also been really helpful is like mimicking doing a mock exam. So going to the library and putting yourself in a different environment and taking the whole thing all at once. So you can like not just, it's more of to work on managing stress and that kind of environment. Cuz that's what gets people on the sat a lot. It's because they can't manage stress while taking the test.

Question 13:00

How do I build self confidence?

Mallory Asis 13:03

Oh, that's a tough question. I think mantras help a lot and also writing down, journaling, writing down everything that you're proud of, things that you've accomplished, qualities that you like about yourself. And definitely to have self confidence, you have to do your best to not compare yourself to others because comparison is like the thief of joy. So just being, being mindful of your growth as a person, not just like achievements are great, but you can look at how far you've come, maturity wise, intellectual wise, socially, stuff like that.

Question 13:48

How do I choose the right college?

Mallory Asis 13:52

Oh, lots of research. And I find that visiting the college helps a lot. That's really hard to do if you want to go to a college that's like on the other side of the country. But. There's a lot, like the websites for colleges are really helpful and showing you what the school has to offer. And a lot of them, especially like the ones on the East Coast.

Mallory Asis 14:20

Well, since we're in, I guess all schools now, actually ever since Covid, they have like virtual tours. So it's like self guided virtual tours where you can like, I don't know, it's like a 3D thing where you can walk around campus and stuff like that. So those are really helpful too. But also like you can compare prices and just I think what's really important is the majors that they offer. Cuz you would just because you really like a school, you might not be able to go there cuz they don't have your major. So I would keep major in mind, location in mind, size in mind and and price in mind and just compare all those things. I find making a spreadsheet helps a lot.

Question 15:07

What should I do if I'm feeling peer pressure to engage in risky behavior?

Mallory Asis 15:14

I think in situations like that, it's really easy to get disconnected from your values. So and this is something that's really hard to do, but when somebody asks you a question to if you wanna participate in something, I would fire back with a question for yourself and ask yourself, is this an action that would align with my values? And if it's not, then I think you have your answer and I don't think there would be a situation where it is within your values. So also be aware that like, I don't know, like other people, you're at an age where your brain is not fully developed. You don't hit that till you're 25. So understanding that the people that want to partake in that type of risky behavior are probably less mature than you are at that point. And if they put you down for

not participating in that behavior, it's not because that you're lesser, it's because that you're making a more logical adult decision.

Question 16:29

How do I create a Strong College Application Essay?

Mallory Asis 16:35

Definitely lots and lots of revision. I think my personal statement, I had 20 different drafts of completely different essays. Well, not completely. Some of them were just like different versions. But you have to be okay with scrapping and starting from scratch because, well, it depends on the school. Like if it's a higher, if it's a school that has a higher acceptance rate, then you don't have to worry too much about your essay because they'll be looking at other things like your grades and stuff like that. But if it's, what my teacher was telling me about schools with a really low acceptance rates is that everybody is the same on paper. Everybody has great extracurriculars. Everybody has community service hours in the three digits. Everyone has above a 4.0 GPA. And it's your individual essay that sets you apart. So you wanna create, you wanna pick an essay that captures something that's really unique about you and articulate that in a way that's eloquent, but also true to yourself and not overly flamboyant. That's really hard and that's why you have to take multiple shots at it and get multiple sources of feedback.

Mallory Asis 17:58

I think that's one thing that help me back in my college application cuz I only had one person read my essay. And I think it would have been beneficial for to have a panel of people reading it.

Question 18:12

How do I prepare for a Job Interview?

Mallory Asis 18:16

Honestly, I don't really do a lot of preparation for job interviews. I mean, I would just be yourself. Well, okay, I don't do a lot of preparation because I've had a lot of interviews in the past. So I think the more experience you gain under your belt, the less you need to prep. But at the very beginning, if you've never had an interview before, it's good to look up possible interview questions and do a little bullet points about how you answer that question. And also, I don't know if you have a parent or someone or a friend, have them read to the interview questions and like mimic and interview situation. And I think it's also really professional if you have a resume, no matter what kind of job it is, even if it's like fast food, it's nice to have a resume.

Question 19:05

What should I do if I'm struggling with my mental health?

Mallory Asis 19:09

I would definitely, the first step would be talk to someone because studies show that when you talk about your problems, it helps a lot. So talking about it helps. And then, if it's after you speak with someone and they can like kind of, way how bad or not how bad, how much you're struggling, it might be beneficial to look into counseling, whether that's through your school or if you go online and find on your intro insurance account and then like search psychologists that cater towards your insurance, you can book a free session, like just a check in session where they can give you an evaluation. And see what kind of symptoms they're working with. And you don't have to stick with the first psychologist or counselor that you find, because everybody has somebody that like, they mesh differently with. So you don't have to stick with your first one. And they totally understand if, if they're not a good fit, they want you to find somebody that you're comfortable with. So I definitely start by talking to someone. And then if you need higher level care going on and finding a psychologist or therapist. And if you need higher level care than that, then you could think of intensive outpatient or partial hospitalization or a program like that, surrounding yourself by people that make you feel good about yourself and that PE and people that bring out the best question you.

Question 20:39

How do I build a healthy social life?

Mallory Asis 20:51

When you're around people that are constantly bringing you down or share values that don't really agree with yours, you're not gonna be healthy you're not gonna be happy and that kind of takes a while because a lot of people don't realize that. You don't have to be friends with first person you meet you can be acquaintances with them and be oh, say hi when you walk around but they don't have to be like your friends for life so it takes a little while to find the right people and sometimes that changes cuz you'll have fallouts and stuff like that so I'd say a healthy, to build this healthy social life, you have to have healthy boundaries, not porous where you're letting everybody in, but also not rigid where you're keeping everybody study out.

Question 21:40

What should I do if I'm feeling isolated or lonely?

Mallory Asis 21:44

Again, I think that goes with the mental health question. Like I would talk to somebody and when you're feeling lonely and isolated, it does feel like you don't have anybody to talk to. But I think that's a good time for self reflection because you always have somebody that you can talk to. And if you're really in a situation where you have a horrible home life, you don't have any friends or don't, you feel like you don't have anyone you can trust, it's always great to reach out to like the Suicide Crisis hotline, 9,8,8. Cuz a lot of people think that's just for suicide, but it's

actually just like a free kind of like therapy thing that's like online 24/7. So there's a lot of free platforms like that where you can reach out to somebody and they can kind of de-escalate the situation, or provide feedback right in the moment.

Question 22:33

What if I'm having problems with my parents?

Mallory Asis 22:36

With your parents. I think communication is key for all these mental health questions. I think first it would be good to talk with a friend about the situation. And that's not always the best idea because, we're teenagers or I'm not a teenager anymore, but you're a teenager so, your other friend might not, might probably be biased towards your side because that's the tendency that happens. We look, kind of think we're superior to our parents. So I think that might help at first to alleviate some of that anger and some of that tension, like just get it out of your system. But after that, I think if you're having problems with your parents, I think you should address the matter with them. And if you guys have a healthy relationship, I think some kind of compromise or resolution can be found.

Question 23:38

What should I do if I witness bullying at school?

Mallory Asis 23:43

Definitely report. Report it. Before you report it, though, I would go up to the person that's being bullied and check in with them and make sure they're doing okay. And then. That's kind of a tough one because a lot of the times the victim won't wanna report it, but I think it's kind of necessary that you do so it doesn't escalate.

Question 24:12

How can I be a better public speaker?

Mallory Asis 24:16

I definitely say practice. Like practice. You don't have to necessarily memorize what you're trying to say, but just get confident enough with the material that you're reading that you won't have any slip ups on stage and or not on stage, just on a public platform.

Question 24:38

What should I do if I'm struggling with body image issues?

Mallory Asis 24:43

Oh, that's a tough one. I really like slam poetry and there's a lot of slam poets that talk about issues with body and how. I can't really remember the last one I watch, but I don't know. They're just really inspiring. And you realize that there are so many people who are so accomplished and have such a healthy relationship with themselves, and they aren't, like, within societies, quote, unquote, healthy weight range. Like their BMI is slightly above average and stuff like that. And you have to realize that everybody's body is different. Like, there's genetics that play into it. There's health conditions that play into it. Genetics are a really big part, too. And what I think of a lot is that my body is just like, just like the character I walk around with. And I'm, you're more than your body. Like you're your mind, you're your thoughts, your intelligence, your feelings, your friends, your s relationships, etc. And SEC, etc, etc. And your body is just like holding all of that in. It's like a carcass kind of.

Mallory Asis 25:56

It's not really, it's not who you're as a person. I don't know. It's not your essence. Like there's more to you than just your body. And you can do more things and you don't have to fit into the stereotype that everybody wants you to fit inside of. And a lot of that times that can hold you back. Like you might see somebody that looks like they have the perfect body, but inside they're really struggling to maintain that and restrict themselves and their food and stuff and it's better to just enjoy life completely.

Mallory Asis 26:24

Because when you grow up and you're ninety, you're gonna like it's I heard saw this thing on Instagram that was like, when you're 30, you're gonna wish you had the body you had when you were twenty. When you're 40, you're gonna wish you had the body you were when you were thirty. But when you're 90, you're not gonna care about what you looked like, you're just gonna care about the life experiences that you have.

Question 26:52

What should I do if I'm experiencing discrimination or racism on my school?

Mallory Asis 26:57

I definitely report that because there's so many laws these days that prohibit against that. And that's a form of bullying too and that's not acceptable. And unfortunately that still persists in a society today. And if you, we wanna tackle that and move to a place where we don't have racism, unfortunately, we have to take like the bold step and come forward and report that so we can fight against it.

Question 27:24

How do I navigate social media responsibly?

Mallory Asis 27:29

Limiting, like there's some phones that allow you to limit how much time you spend on your phone. And usually, like for me, I get like a report of what, how long I was spent on how many hours I was on my phone and where I was, what app so I was navigating during those hours. So a lot of the times guilt will help you navigate social media correctly. Like if you say that you're phone times like, I don't know, 20 hours or something like that. You're gonna be like, oh I don't wanna be spending my life just on social media. But also kind of filtering your feed so that you're following healthy and positive posts. So like, I don't know, avoiding following like cuz Instagram is really fake, social media itself is really fake and it's really unfortunate. It's not like that for everyone. So I'd follow accounts that make you feel good about yourself and our inspirational and positive and stuff like that. Things that align with your values.

Question 28:33

How can I develop strong problem solving skills?

Mallory Asis 28:38

I think experience helps with that because I was just reading soft clauses Greek play and tickney and the more, all the story is how we don't use, we usually gain wisdom too late. And we gain wisdom because we've gone through failure. So honestly, the best way to build problem solving skills is to experience failure and to make mistakes so that you can correct that the next time.

Question 29:09

How do I build healthy friendships?

Mallory Asis 29:14

Definitely setting boundaries like letting, I said, I talked about porous and rigid balleries a little bit earlier. So not depending on them for everything and not helping them with everything. Like maintaining a healthy boundary where you're letting them in, but you're also not giving yourself to them completely. And also, I don't know, you don't have to like everything that your friends like. You can have a little bit of separation.

Question 29:46

How do I handle conflict with my college roommate or friend?

Mallory Asis 29:52

Or friend, I would definitely talk to them about it. And usually at the beginning, you'll sign an agreement. We're like, you're all. Ra will give you a paper and it'll talk about what time do I usually go to bed at? Do I like do is, am I okay with having other people in the room? Stuff like that. And you can always come to a compromise. And if you're really having a problem with your roommate, you can always talk to the residential advisor in the hall.

Question 30:26

How can I develop strong leadership skills?

Mallory Asis 30:33

I think putting yourself in position and leadership positions even when it makes you uncomfortable. And you can also practice leadership by just setting a good example for other people. So helping other people, taking initiative, things like that. Like if you're in a group setting, you can take, you can develop leadership skills by making suggestions and directing people back on track and making like assertive decisions when other people are kind of hesitant.

Question 31:12

What should I do if I'm feeling overwhelmed by extracurricular commitments?

Mallory Asis 31:17

I would definitely take a break. Like you need to have balance in your life. And it's great to have extracurriculars to balance out like academic life and social life. Well, extra curriculars are kind of social in themselves, but I would definitely not overload yourself. And if you realize that you're, it might be time to cut something off your plate, I think talking about that is really important.

Question 31:41

What do I do if I'm struggling with my sexuality or gender identity?

Mallory Asis 31:49

So bringing it up to your parents or if you have a friend who's already come out about their sexuality or gender, pronounce, that's really helpful too. And there's a lot of support groups that you can find online that discuss those in group settings.

Question 32:06

How can I prepare for the transition to college life?

Mallory Asis 32:12

There's not a lot of things you can do to prepare. Honestly, what I would say instead is spend time with the people you love before for you, like head off and make sure you get your advice in and just cherish the moments you have before you go to college. Cuz it's a big step and it's a big jump. And because you're living on your own and you can't really prepare besides like buying the dorm essentials and everything, you can't really prepare to live on your own when you're, I'm not really, okay, not on your own, but not with the people you're used to being around so I'm just setting up a plan of like how many times you're gonna call home when you're gonna make

visit stuff like, there's some classes you can take on that and you can always go to the financial aid office, and ask for help in that regards and there's a lot of resources they can provide you on financial aid and and like taxes and, stuff like that there's a lot of p support for that on campus.

Question 33:03

How can I improve my financial literacy in college?

Question 33:28

What should I do if I'm feeling home sick?

Mallory Asis 33:32

Calling home always helps a lot and like bringing pictures of your family to look back on that that's that sometimes makes you more homesick. So I think just setting up calls is the best way to manage home sickness and talking about it with friends and stuff like that.

Question 33:50

What should I do if I'm struggling with substance abuse?

Mallory Asis 33:54

I would definitely ask for help because substance abuse is a really big, dangerous issue. And there's so many support groups. Like you can go to Alcoholics Anonymous. There's a lot of intensive outpatient therapy places and rehab programs for that that take insurance. So talking to a parent or guardian about getting help for that is really important, because I don't think it's something you should do on your own.

Question 34:27

How do I cope with academic pressure in college?

Mallory Asis 34:33

What I Learned from high school is that GPA doesn't matter as much as you think it does. And honestly, just don't compare yourself to the people around you because everybody is on a completely different track. The people in your classes don't usually have the same major issue. So if you're like in, I don't know, like a chemistry class and you're a psych major, there's gonna be people who are doing better than you because they have a cam major and they have marks, experience in camera, something like that. So it's not fair to compare yourself to other people academic wise because they're on completely different paths. And also like, and quality really just have to pass. Like your job doesn't really care about what GPA you had. Most places don't. I think it's just if you're going to med school or law school, they do care, but it's not as much as you think. And you can always talk to people on campus or talk with your teachers if you're really stressed out about it. I mean, it depends on the teacher. Some of the ones here say that

they're open to talking about stuff like that. But if not, you can always talk with friends or counseling.

Question 35:44

How can I make a positive impact on my community?

Mallory Asis 35:48

There's so many different volunteer opportunities that you can just Google, like, volunteer opportunities near me. And there's a lot of apps that will show you, like what places are looking for help. And so there's a ton of things you can do. You can like tutor people. You can coach a team with little kids. You can support like daycare centers. You can click do a beach cleanup, a lot of different things you can go to like the food drives they have and package food for people. Lot of stuff. There's a lot of things you can do.

Question 36:24

How can I avoid procrastination?

Mallory Asis 36:29

That's hard I would say following your planner. So I talked about setting up a planner earlier and having a schedule and just crossing things off as they come, and just setting a timer for how long you're gonna do something and sticking to that time. And then taking a break after that. A lot of time has passed.

Question 36:52

Do you have any study habits that you recommend for, like how to study in college?

Mallory Asis 36:58

Start early. So when I found out I had a test in 2 weeks, I started like putting together a study guide that day and just review, take like 10 minutes to review your notes after every class period. That's why freshen your head so that you don't have to cram the night before and then you space everything out really evenly.

Question 37:27

What are some strategies for staying focused during virtual classes?

Mallory Asis 37:31

All li eliminating distraction. So treat virtual classes like and in person class likes put your phone away. Make sure you're in a noise free environment, like just a space that you'll feel comfortable like performing and you don't, I don't recommend doing virtual likes sessions on your bed

because then you feel too comfortable. Like I'd set like a separate place aside where you can separate home life from school life just so you have that separation.

Question 38:05

How can I improve my relationships with my siblings?

Mallory Asis 38:10

Oh gosh. I guess realizing that the time you have with them is limited and that you're gonna get to a place where you're an adult, and you're living miles away from them with a different family and a different home and just cherishing the time room. Well, trying to cherish the time you have with them and recognize reasons for conflict and addressing those reasons for conflict. Cuz there's a lot of sibling rivalry when there's age gaps. And just like as an older sibling, I recognize that my sister has a lot of pressure on her and that's one of the reasons there's conflict between us. So just recognizing that and trying to address that directly.

Question 38:56

Have you ever had to deal with peer pressure to use drugs or alcohol? Or what did you do?

Mallory Asis 39:03

Definitely when I was, when I became an adult and I was starting to be surrounded by people who had access to that, especially when you're 18, you do have access to certain drugs. We do have access to vaping, not as much alcohol, but definitely drugs. For me, I just, I go, again, I go back to my values and my health and especially being an athlete, you can't put substances in your body like that. So just realizing and also realizing that when you take a drug, it kills your nerve cells, like your neurons, and that's something you're not gonna get back, back. So just keeping that in mind of how unhealthy it is for you.

Question 39:44

How do I build strong study groups?

Mallory Asis 39:50

I guess just talking with people in your class. So you have to take initiative to make those study groups and reaching out to people who are not procrastinator. First they're good student, stuff like that so that you're not distracted in your study group.

Question 40:06

What should I do if I'm dealing with a breakup in college?

Mallory Asis 40:10

Definitely talk to a friend cuz breakups are really hard. And I think you said this to me earlier, realizing that you were okay before them and that you can be okay without. So, there's a lot of different therapeutic practices you can try.

Question 40:35

Let me try to think of one. What do I do if I get anxious?

Mallory Asis 40:45

You can do box breathing where you like breathe in for five, then four, then 3, then 2, then 1 and there's also one you do like 6 in, 8 out, just different like syncopated breathing. Fidgets help a lot. So if you just have, I don't know, like a pencil or like a fidget toy that you can fidget around with, that helps with anxiety to, and journaling helps to, and talking with people.

Question 41:13

I, how do I get involved in my college early?

Mallory Asis 41:23

There's so many events. Like it's really easy to get involved. It's just, you have to just keep in mind of your schedule and what you have time for. And usually they have calendar on the school website and you can see all the events that are coming up in the next month. Getting involved in clubs helps a lot, too.

Question 41:47

What should I do if I keep going to bed really late and I can't get up from my classes?

Mallory Asis 41:56

I think it helps to set an alarm like at night, not necessarily in the, also in the morning, of course, but at night, just an alarm that tells you when you should start getting ready for bed if you're having a hard time, like going to be with going to bed late and also making sure you have your homework done before that time. So it's not like you're not staying up because you have a lot of homework. And if you're in sports, you're not gonna have a hard time going to bed late. It's gonna be easy to go to bed early when you have to wake up at 5 a. M. Because by the time you hit the bed, you're just out. So I would definitely consider cutting something down because you can always take out, it sucks, but you can always take out a student loan and like stop working.

Question 42:33

What do I do if I'm in sports? I have homework and I have a job, and I'm getting really sad cuz I can't make time for my social life anymore.

Mallory Asis 42:54

Or you might have to back down with sports and talk to your coach about missing a certain practices to like. To balance school life and stuff.

Mallory Asis 43:16

Definitely taking things off your plate.

Question 43:21

What should I do if I'm being cyber bully on social media?

Mallory Asis 43:26

Definitely talk to somebody about it. And also just, I don't know, this is a little drastic, but stop using that social media platform for a little bit because social show me the. And blocking that person helps a lot too. But definitely report it to your school.

Question 43:52

What are some effective note taking strategies?

Mallory Asis 44:02

You say something my like, I'm not taking strategies in college.

Question 44:05

What are some effective note taking strategies?

Mallory Asis 44:13

You kind of have to go quick in high school sometimes too. So, I'm using shorthand. So figuring out a system for yourself where you can write quickly. And then after class, my mom said she did this a lot in college? Rewriting your notes.