

Mauro's meeting: all data (meetings)

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Transcript

Question 00:02

All right, so I'm just gonna be asking you a series of questions and we're just gonna talk and I'm just gonna get to know you a little bit, okay, so first off, what are some of your how can I improve my study habits?

Margarita 00:19

Okay, so in order to improve your study habits, you should get into scheduling. So first things first, probably download the app or maybe try a notebook. Cool. Like to just write, do it in your handwriting, whatever you comfortable with and just like find 15 minutes in your day to outline approximately what you're going to do, like what stuff you need to get done the next day and what do you need to accomplish the next day here and put approximately the hours when and you're going to do it in order to understand what you'll be able to squeeze into your shadow.

Question 01:16

how do I manage my time effectively?

Margarita 01:23

Once again, it goes with scheduling. So understanding what is what should be prioritize and understanding what to put first and how much time you need for that task and how efficient you're going to be doing that is the key point to managing your time.

Question 01:53

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

Margarita 02:01

I guess that depends. Maybe you should like sit down and understand for yourself if that subject is something that out of your range of abilities, maybe you can't influence that. So probably you should seek an advice from somebody who is more experienced in the field that you're struggling with or you like where we live in a century of advance technology. So the first thing we consult is goal mostly. But I say that you should probably go to a person whom you trust who can help you and guide you through that?

Question 02:52

How do I deal with bullying or peer pressure?

Margarita 02:53

Up? Oh, that is a interesting question. I face that when I was younger, unfortunately. And I guess it's all about how, what you feel comfortable with. Because for me, I did not feel comfortable like talking to my parents and talking to someone of the elders. I went straightforward to my teachers and asked whether maybe I can change classes or what can I, like, how can I get out of this situation? And probably if you don't want to talk to your parents about this, which is, which is you better do, you better talk to your parents because they might have experience that too and they might help you with that without like escalating the situation and making it worse like by scrolling your classmates or the people that are just like bullying you. But either way, the older people, they should be notified about s that you're going through this situation and they should be aware of what you're facing in order to give you the best advice how to get through that. And maybe they'll help you to find the decision on how to, avoid that or maybe make amends with those people or how to escape that society without harming you and people around you.

Question 04:54

How can I improve my test taking skills?

Margarita 05:05

All through high school and all through university years, I've Learned that. You need to gain the understanding of the subject on which you're talking about. Like you won't be able to learn all the things in the world. Like you won't be able to keep that amount of information in your head. So it is fine if you don't know the notions and the definitions by heart. It's okay to explain them in your own words. Your main goal for the test, for whatever it is, to gain the understanding of the subject.

Question 05:49

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

Margarita 06:00

We don't have it like that popular here in Ukraine. Like it's not common for us to write motivation letters or CVs here or covering letters for the universities. But if you're doing that, I guess you need to take your time to reread it a few times, to go through it and to understand for yourself, like outline the basic steps of what you want to like, what impression you want to give to the people who's go, who are going to read it. And then you have to find certain situations that show you in some kind of flattering light in which you want to show yourself. And do not be afraid to show it to other people, like your friends, your parents, for them to check it, to read it and to tell you if they really see you in this letter.

Question 07:15

How can I choose the right extracurricular activities?

Margarita 07:23

That is something that comes with the method of trying and failing because we all have, I think most of us have stories where our parents thought that we might like dancing or football when we actually liked drawing or ballet or sing. So it is honestly whatever. Whatever makes you passionate, whatever you like doing, even though, even though people might say you're not good at it.

Margarita 08:06

Because from my childhood, I've been told that I'm not deaf, like that I can hear music correctly, that I can, I can't sing along, that I can't sing to the notes. And, but right now, I've been singing already for nine years and I take part in all kinds of concerts and, like projects where I show my skill. So it is really whatever you want to do you can. You can try things and but you really should remember that hard work is what beats the lazy talent like you should not expect that everything comes to you at once but be patient with the process and trust it.

Question 09:01

How do I balance school, work and a Social Life?

Margarita 09:10

It is a place where you should prioritize and you should understand what is going to stay with you for the rest of your life. You should understand what is the most important for you at this point of your live like for example if your friend needs help but you have test the next week then you should schedule, you should like to put it the way where you going to give the time to your friend and then also give time to your staff. Bodies so you shouldn't engage into too much like social life or also you should not sacrifice all your free time to your study like balance is the key point to having a healthy relationship with yourself with your friends and with like people that surround you like wherever you are also your teachers because if you can't communicate if

you've never like talked to people properly you won't be able to develop any connections. So it is something that should be put in equals.

Question 10:50

How can I cope with exam anxiety?

Margarita 10:56

I don't know Kevin dumped myself yet. What helps me is like I don't get anxiety if I know what is going to be there on the exam. You should probably ask you a teacher beforehand like what are going to be the questions at least approximately. So the more you know about the way the exam will be held, the way the exam will be, the way you'll be behaving yourself at Exa exam. So the more you. Be familiar with the atmosphere that there is going to be at the exam, the comma you will be at the exam. So the most stressful exams are the ones where teachers just tell you like you're going to come and I'll ask you something from what we've studied. You're like, what am I supposed to study even then? But make sure just to talk to your teacher and to talk to your classmates or group mates that that might also add you some confidence because you're, you feel that you're not alone in this a kind of situation and other people are going through the same experience as you are.

Question 12:24

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

Margarita 12:33

Usually at this point, I, well, I, you should of course get through this material and maybe just like put some extra time into your studying for this subject because you need this information later. Do not neglect it and do not put it for later because later there will be more and more information and you will need that information. You have to learn it. And just trust me, whatever you're going to study, at some point, the basic information that you Learned on a certain subject, it will come and you have to like take extra time to learn it. So it is better to once again, schedule some time, put some effort into some, maybe overtime studying.

Question 13:42

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

Margarita 13:51

It honestly depends on the age of. Oh, and you're transferring to another school because it is always harder with kids. I, I've been through that. I've been in and you in a new school when I was in sixth grade and then I was to a new class when I was in 10th, in 9th grade. And it really is stressful because you don't know these people. You take your time to observe them, but at the

same time, you think that, oh, maybe I'm losing my opportunity to make the first good impression while I'm observing others and like, nobody talks to you and it's, it's hard sometimes.

Margarita 14:45

But one thing I want to encourage you to do is to engage into the activities that you're confident with. For example, I was always confident about my English skills. So I engaged a lot and participated a lot in some concerts, projects. I also went to sing on the stage and I helped my teachers. So like, I showed my classmates that there's something I'm passionate about. And there were people that clicked with me and we became really good friends until this day. So I say just put yourself out there.

Question 15:32

What are some effective note taking strategies?

Margarita 15:41

When you're writing really fast first things first did not, do not write everything like in a stock of information because it's going to be really confusing afterwards. Like you won't be able to find the key points, you won't be able to distinguish what you have written. Like make some highlights, even if it's with the pen of the same color, like just to, you can make underscores or just circle the things that are important and later on you will be able to highlight them with your markers. Other thing is to, if you need to put there an illustration or something like that, just leave their place and you'll do that later. Like he don't be lazy. You would do that later and your notes will look much better that way. Then if you like just scribble it really fast.

Margarita 16:54

Another thing is. To make your own way of shortening words because that is that really helps because you understand what you have written and the same way you you just save your time. You save your time and that helps you to, get through the material much faster.

Question 17:33

How can I stay motivated to complete assignments?

Margarita 17:42

Well, first things first, you should find something interesting for yourself in data assignments, whatever that is. For example, I really like doing presentations and providing some visual examples of what I'm talking about. Like I enjoy when there is really beautiful visual effects and that makes me feel really. Well, first things first, it attracts attention of the people like it attracts the attention of your listeners towards the point where you want it to be and so I really enjoy that part doing the presentation but in order to do a beautiful presentation, you need to first find the information and outline the structure of your speech in order to then outline which slide

is going to be for which part of your assignments, for which presentation, for which part part of your speech and that is something that should be done in order to have a beautiful presentation. So, honestly, if you find it interesting, if there is any part of the assignment that is interesting to you, then you will be able to get to the bottom with. I promise you. Because sometimes I spent from three to six hours on my presentations just because I really like it and I really get into the process and I really enjoy like the thing that I'm doing.

Question 19:33

How do I handle conflicts with teachers or classmates?

Margarita 19:42

Well, it's a bit easier with classmates because you always can like first things first, manual language. So there wouldn't be any conflict at all. Secondly, with classmates, it is a bit easier because you always can get in. An official situation, like have a proper chat and just like communicate with them, with your peers and just talk out the situation. Like approach them without, with intention to sort out things. And most of the people, they will respond. But if there are really some issues that you cannot get through on your own, you should probably talk to your supervisor and just let them know that there is this kind of situation and that you need help. The same goes to your teachers. It is best to try to talk it through by yourself, like to approach the teacher with a respective attitude. And it should not, it should never be forgotten that is your teacher. That is somebody who is in a higher position than you and in a different position than you. He's giving you the knowledge and like frankly speaking, you need that person. So you should probably, you should really be respectful and like approach with and no with gratitude, first things first and with the desire to make amends. Secondly, if the teacher does not want to do that or like there is some kind of like an issue, you should also talk to your supervisor and so that they would help you with this situation because like probably it's their colleague and they know them for much longer time and they may at least give you advice.

Question 22:06

What's the best way to choose a College Major?

Margarita 22:16

That is also a hard question because a lot of high schoolers, and I do understand them, a lot of high schoolers, they don't know what they want in life. Like whatever it is, like 11th grade or 12th grade, like one year difference, and people still don't know what they want to do. Like there is sometimes when people are in their 30s and they don't know what they want from life. So it is something that you should not rush. It is something that you should take time to think of. I the part of the speech from the movie toilet when like the friend of bells 1, she gives a speech at the end of their like high school, their, her graduation and she tells them that it's time to make

mistakes, like to fall in love, to experience something, then like to major in medicine, then to change your mind and so go for like, I don't know, linguistics or something like that.

Margarita 23:28

So, it is easier for people who know at least what they're interested in and you can start from there. You can start from understanding what you want to do for the rest of your life, like what is going to click with you, what is going to bring you joy? Because being miserable at your work is no way of leading your life and no way of building your career. So I was honestly lucky because I knew from my childhood what I wanted. Like I, it just came that way. But I have two sisters who don't have that. Like they had to make that decision. And I see that it is hard for them. They still doubt sometimes. So it is okay if that's, if the path you've chosen it, you like it clicks with you. But there are sometimes struggles. There are sometimes, you sometimes feel like you're failing or you sometimes feel like you're not good enough. It is a point where each and every of us have been and even the most successful people. So just choose something that burns you up, that clicks with you and just go along the way.

Question 25:01

How can I improve my writing skills?

Margarita 25:06

Nah, probably by reading. I wouldn't know. I write terribly if we're talking about lexical aspect, about enriching your vocabulary and something like that, you should probably reading is the best way. Reading is the ultimate way to do that. Like you get so many interesting words from reading. But about writing skills like all the dots, comments and stuff like that, like grammatical aspect, it's boring. I get this boring like you have to learn the rules. May probably the best way is to write dictations like something like that. We did that a lot at high school, ultra middle school, but I always hated it honestly. So probably I don't know if you are striving towards the goal of learning how to like for example, you're into creative writing and you want to write grammatically correct and and you want your writing like to be at a certain level you probably should really put an effort to that but if that is not something that you're professionally required. I don't know I wouldn't do that.

Question 26:54

What are some tips for staying organized?

Margarita 27:06

Honestly until right now on on the my on my 4th year of. University and, I envy myself when I was on my first year because I was much more organize and motivated then and I guess the key point of staying organized is like keeping the side on your goal because it is what gets you organized in the first place like you try to arrange things in order to get to that goal because you

understand that if there is a mess around you, you won't be able to find things that you need. You won't be go to distinguish what is prioritize, what is not. So I think the key point, the key aspect here is being motivated and keeping your eyes on the goal.

Question 28:18

How do I deal with a breakup or relationship problems?

Margarita 29:17

I guess it is speaking it when you're really careful, you're looking at it from the point of view of a friend who is giving an advice, who sees this situation clearly. When you're not engaged into feelings like that's probably that's probably super easy. But when you're engaged into those feelings and you're absolutely up sad about the, the, this person left you or you left this person like whe, whatever the situation is, you had to or you've been forced to or whatever and you're sad about it, like the thing you should outline for yourself is first thing it was if that person was good for you and if he was good to you and if you should be, if you're sad about him leaving you or her or about them leaving you or are you sad about the fact that you've had all those and you understand that you won't be able to to relieve that with that person. So I think that's that's pretty much it what I can say about the topic.

Question 30:44

How can I improve my public speaking skills?

Margarita 30:54

That is something I'm asking myself I've been asking myself recently because. If you're getting into marketing or if you're getting into any kind of like business where you'll have to communicate with people like the generally like the area where you have to like the customer services and stuff like that you will have to at some point starts to communicate with people and speak with the audience, which is probably really hard because I myself as an interpreter, I have to not speak my personal thoughts, but still I interpret and like that information goes through me and at the end I'm the one who is speaking. So.

Margarita 32:05

You should probably read more in order to be confident in the in your vocabulary ver the vocabulary, sorry. You should be conf in order to be confident about your vocabulary you need to read more like to be to be sure that at whatever situation you will be able to find the right words to speak properly and in the manner and in the format that you want to speak in and whatever the situation requires.

Margarita 32:53

Another thing is that you should understand that if you're sending at that position where you have to speak publicly, that means that you got there at some point and that people who put you there think that you're capable for that. And that's at some point you have impress them and they think that your thoughts and your skills, they're valuable and the audience, they should hear you. So you have already been estimated by other people and that is not the first estimate. Like your first estimate will not be given to you by your audience. Like you have already been estimated and that is why you've been put to this position.

Margarita 33:50

Another thing that you should remember is that whatever you doing, whatever you saying, there are always going to be people who are in who do not agree with you, who think that you failed the, who think that you did bad, that you haven't been, you could have used that word instead of that word. Like that's, that's super common in one interpreter is like it is super stressful to interpret, know that another interpreter is sitting somewhere there in the audience and you're stressing about it because you know that there other people that are experienced in that field and they're going to judge you. So there is as many opinions as there are people like every person will tell you that something was bad here, but another person will tell you, oh, you did so well in here, like this word was so accurate. And another person will say you shouldn't have used that word. So it really is everything like really depends on you. And well, of course you should. You should study your audience you should understand what's the goal of your speaking and what you want them to understand from your speech from what you're saying and of course you need to like use all those tips from YouTube when you want to get the attention of the audience with jokes or with the rhetorical questions like there is that is also very interesting to utilizing your speech.

Question 35:45

What should I do if I'm feeling overwhelmed by schoolwork?

Margarita 36:42

And no probably well at the university it is easier because you get to talk to your teachers and you can hand in your assignment like later maybe at school you can also do that because many teachers at least here in schools, many teachers they understand that no kids going like the kids growing up kids going through some personal stuff, they have extra queue curriculars and like that. It's okay if they hand in the homework later. But I guess the thing about like in order to not to get overwhelmed by it, you should not let it pile up. Do everything on time like don't wait on handing in your assignments and don't let it pile up in order it's to Tokyo up then.

Question 37:51

How do I choose the right classes for the next semester?

Margarita 38:03

Well you should probably talk to well, firstly you get familiar with those classes with the programs that you have on your university or schools website or whatever it is then you talk talk may you can talk to your supervisor if you want to if you want the inside lives of a certain subject like you did not quite get perfectly what are they suggesting and what is going to be on the list of the things you're going to learn then you probably should talk to people people from the year that is that has graduated those who are two years older than you in order to talk to them and understand what's what was good on that subject and if it is really taught in a proper way and if the information is really valuable or should you not like waste time on it and it sounds much more interesting that it actually is.

Margarita 39:24

Another thing like first and foremost actually you should understand for yourself in what direction you want to hid for example, when I was choosing I decided to major in. Everything that goes with maritime translation maritime business rather than like economics and learn law terminology. You should just understand what clicks with you and what actual skills you want to have and what is really necessary for you.

Question 40:20

How can I set and achieve academic goals?

Margarita 40:31

Well on the big perspective that we call academic goals and the end is a part of our career growth like the way we're going to towards the person we're going to be towards the, towards the skills towards the knowledge we're going to have at the end. So probably you should once again prioritize for yourself what is more important to you and what things that motivate you right now and focus on them and keep in mind that there are certain things that you want to learn how to do and in order to became become good in a certain field you need this and this skill. So you should prioritize this and this and puts maybe a bit more effort into subjects that you don't need although you should not completely abandon them or forget about them because like it what it is what makes you an educated person it is what gives you the overview of the world and the general understanding of how things work.

Question 42:08

What should I do if I'm being cyber bullied?

Margarita 42:17

Cyberbook okay. It is kind of the same as we've real life bullying like when you get bullets personally I don't know it doesn't feel like something that bad because in social media we have like this beautiful button that says blocked. So you can always push that. I mean you can try to

talk to person and try to reason with him to understand why he is doing that. But generally people are just bored and if they're giving that if I if they have that much time that much spare time to like to commit the this kind of bullying, then they probably are not satisfied with their life and there is nothing interesting going on with this. So they spend their time like getting on other people's nerves digitally. And they do that in order to not face the consequences of the real life. Because in real life, like you see the person who is doing that and you can like it is easier to gets rightful punishment for them. So you shouldn't really put much thought into it and give it much attention.

Question 44:05

How do I build self confidence?

Margarita 44:14

I don't think that there is one recipe for that because for different people's self confidence is, means completely different things. For somebody, it's it consists from the way they look, the way they think, the way, like how there, how many jokes they know or something like that. So in order to be confident in yourself, you need to work on yourself. Either way he if things go bad or good, you can always say that I'm working on myself, I'm still in the process and I'm getting to be a better person because there is never people that are perfect. There's no people like that. And probably at any stage in your life. You understand that the goals you have reached like other people have reached years ago and it took you much more time, but it's your journey and you got to that point by working hard. So working hard is actually what makes it count and what makes you more confident about yourself because you're not just sitting there and like pitting yourself being miserable. You you doing you actually put putting an effort.

Question 45:56

How can I avoid procrastination?

Margarita 46:23

So procrastination. Honestly, it feels like procrastination is what comes mostly to the talented people. So if you're procrastinating, you're probably not the person. Please what that's what the scientists they're saying.

Margarita 46:46

Procrastination comes out of like you should understand the origins of it. Procrastination really comes when you're already at least more or less good in something like in whatever skills you were trying to master, you're approximately good at it and you've been putting a lot of work already because we all know that it's much harder to start and to get to some point then it is to go through it and you see the results much vividly much more vividly at the beginning. So at some point you're like, you think that I already have these skills from time to time I will be like

polishing them and that's that's okay. Like you don't you don't do much for your skills. You do not develop them because you don't see much of a result of such bright and vivid result. So it is something that I like this approach in for example, weight loss journeys when you take some kind of. Estimation system, for example, it can be centimeters or kilograms or whatever it is that works with you and you just like you track your process. So you just you set like mini goals that you achieve and this way you see your progress like then you might not see it's in a bigger picture, but you will after some time you will see that. And with the with those small goals that you achieve, you will understand that you're not standing in the, on the spot and just like doing nothing, but you actually are progressing.

Question 49:08

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

Margarita 49:24

Honestly have no idea because I, I never cared about that. I don't know. I just was that kind of kid that was re, was reason up with strong opinion and. If I didn't want to do something that I did not do it, like ask yourself if that is worth it. Like if that risky behavior, if it's going to like. To be really worth it, what will you gain from that behavior? What will give it to you? Some kind of status or like, is that status worth it? Is worth it getting injured and giving your mom a proper scare? Like, wow.

Question 50:23

How do I choose the right college?

Margarita 50:35

First things first, what people always think about is price. Of course, it's there's no way getting away from it. But like then secondly, you think about you should probably read the program. Like mostly nowadays it is much easier because like with all the Ju digitalization of our society, like more and more information, there is an internet and you can, if you have people whom you know personally or like through some relatives who has been to a college that has your major, you can probably talk to them and have their feedback but, do not really strongly rely on that opinion because people, not all people are generally hardworking and they might just have been lazy and did not do well. That's why they had problems. Other thing is you probably should read the program on the website and like to get familiar with the things that, the program itself, like what you're going to study, how are you going to study, like to understand the methodology of the university. Maybe it has some really interesting innovations that are going to get you sold for this or that university. Get all the information you can.

Question 52:26

How can I manage stress during exams?

Margarita 52:37

Okay. Once again, you won't be stressed if you know what there's going to be on the exam so oh, probably just listen, note and then repeat the information that you got all through your lectures, all through your classes. It will give you the confidence and there won't be any stress here you'll be confident that you're going to get through it smoothly like you have studied the material so what they're what is there to be stressed about?

Question 53:19

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

Margarita 53:32

Once again, nowadays we live in a really digitalized century and nowadays there is a lot of apps where you can go and find yourself friends like it is relatively it is relatively safe and secure if you mind the like points of the security and safe communication through the internet, like not giving the person on the other side like any crucial personal information about yourself.

Margarita 54:14

You cannot friends that this is the way I met my best friend. We've met through and we call dating up. And we've been best friends for a year and a half already. So. Nowadays there's really a lot of ever a lot of ways of like finding new friends, finding new acquaintances without even stepping out of your door. But other than that, if you like feeling lonely and want some stuff to do, you can just like visit places that you're interested in at least in at your city. It is also really crucial once in a while to get out of the house and have a like date with yourself to just spend time with yourself, treat yourself to something nice, maybe something tasty or something beautiful. Represented.favorite hobbies would you like to do for fun?

Mauro Gutiérrez 00:12

Okay, I feel like a lot.

Question 00:20

What is like your favorite way to spend a weekend look like?

Mauro Gutiérrez 00:28

I really like to go out and just need new places. I will be one of my hobbies, spend time with my friends and with the people in love. That's how I spend most of my time like weekends I just either go out with French or I go out with my sister and stuff and then grabbing a specific activity that I do like that I could that would consider a hobby that wouldn't be that.

Question 01:01

Okay, what's your favorite movie.

Mauro Gutiérrez 01:08

I think my favorite movie would be like an Avengers movie. I'm a big like Marvel fan and I feel like Infinity War when it first came out, I was in like 7 creators something and I really liked it and like the hype of that movie has lived in my, in me since that day.

Question 01:33

What's your favorite childhood memory?

Mauro Gutiérrez 01:39

My favorite childhood memory would be like going to my grandma's house, cuz we would always go. She doesn't live in the same state I live in, so we would always go in like December. And both of my grandmas live in that city. So you would just go there and just spend time with my cousins and my uncles and my aunts. And all that, I think goes in my favorite memory, memories from my childhood.

Question 02:07

What do you consider your happy place?

Mauro Gutiérrez 02:10

I think my happy place is my room. It's just a place where I'm always peaceful at anytime I'm stressed or that I feel like I'm not comfortable, even if it's in my house or outside. I just wanna go to my room, just like lay on my bed and I already forget about everything. I'm like, I can worry about that the next day when I go out of the room.

Question 02:39

I'm the same way.

Mauro Gutiérrez 02:40

That's, I feel like my rooms like my safe place and it's not small. So I have, like, I am, everything has its function in my room.

Question 02:55

What's the place you've always wanted to visit?

Mauro Gutiérrez 03:01

I mean, not out like a specific place that I've always wanted to visit, but I know, and my sister mentioned it like not that long ago that she wanna go to Tokyo, and that sounded really nice. So

I feel like that's a place I'm like considering right now to maybe go with my sister and spend some time there.

Question 03:24

Cap do you think you're more of a planner or you more spontaneous?

Mauro Gutiérrez 03:32

I think I I I'm an overthinker so I think I'm a planner, but I feel like part of being a planner also makes you plan for the unexpected. I mean for me it's like I do plan a lot of like what am I gonna do every day? Like I'm always thinking about what am I gonna do next? But then I'm like, oh, well, nothing ever comes out the way you think it's gonna come out so I've also asked to be always prepare to eat containers and come up with someone with something that like works in that moment. But I feel like maybe more of a planner.

Question 04:12

Do you have a favorite season?

Mauro Gutiérrez 04:14

Favorite season? Oh, summer. I just love like the vibes and, oh, I can wear shorts every day and then go to the pool. I really like swimming. I get, I didn't mention it as a hobby cuz I don't do it often, cuz I don't have any like, swimming pool near me. But I really like swimming. Anytime I go into a pool, I'm like not talking to you. I'm just to like my family. I'm, I'm not talking to you right now. I'm listening. I'm always training and like playing.

Question 04:43

He. Are you an introvert or an extrovert?

Mauro Gutiérrez 04:46

I'm an extrovert tacos.

Question 04:53

What's your go to? Comfort food. What kind? Like street tacos or.

Mauro Gutiérrez 05:02

I feel like any kind, cuz there's like tacos for any occasion. There's like if I'm creating some tacos right now, I just go and get them. Like anything I'm craving. But the ones I crave the most would be Alavada, just like pork with it's marinated in a red sauce. So that's like my favorite one. Like I would, I can always eat that.

Question 05:29

Cool. Do you prefer texting or talking on the phone?

Mauro Gutiérrez 05:36

Talking on the phone, cuz sometimes I feel like texting doesn't really show what you're saying in that moment, like the emotion.

Question 05:52

Do you, have you ever had a job?

Mauro Gutiérrez 05:56

Do I tell you like what, for? Before my 11th grade, before my junior year, I work that, oh, well, not even before that. From 5th grade to 10th grade, I used to have my own like kind of small business. I used to sell like chips in my neighborhood. And that was like my first job, kind of. And I would, like, from that money, I really, like, I don't think I've ever, like really ask my parents for money for when I go out with my friends and stuff. Cuz I've always had my own. I always had that. And from those years that I've, that had been, like, selling stuff, I, I, one of the guys was like my most he would always have a bite trip for me. He had a burger, like part. And then you used to sell burgers. So he offered me a job over the summer. So that was my first job. And then part of my school, I mean, a part of my school is the work study program, my high school. So I work precision diagnosis rates, which is a lab. So I worked there for my whole junior year, the whole school year. And then after junior year, I got an internship at engineering, which is a biotech lab, and I worked over the summer.

Question 07:33

Wow that's right by us.

Mauro Gutiérrez 07:38

And then this year for the work study program, I'm working in scripts.

Question 07:48

What is what was your favorite for your favorite part of working in the lab this summer?

Mauro Gutiérrez 07:50

I got some, my favorite work, I feel like I really like lab.

Mauro Gutiérrez 08:11

So such a great workplace, cuz everyone's, I mean, at least in the ones I work in, everyone's in the mining, their own business, but then also everyone's always willing to help you to do everyone's in their own experiments. Everyone's working on their own, like, assignments in a

way. But then if you need help, someone's always there to ask you, oh, do you need this? You need that? And then just describing something new every day really makes it a great job.

Question 08:47

Do you enjoy watching sports?

Mauro Gutiérrez 08:52

Not really, but I really like what it creates in people. I don't I'm not very interested in sports, but I do know that when my family hangs out to, like from everyone's happy. So I really like that.

Question 09:16

If money wasn't an issue, how would you make your life different?

Mauro Gutiérrez 09:22

I think I would move to the United States so I could like go to school. And I wake up at 5 every day. I don't know. I would. I would be able to do more stuff.

Question 09:43

Who do you ask for advice when you make a difficult decision?

Mauro Gutiérrez 09:48

I think my sister would be like the go to for any decision, but also my cousin and my best friend, like, and as soon as something happens, I just let them know. They're very good at supporting me.

Question 10:19

If. How do you feel about taking risks?

Mauro Gutiérrez 10:26

I feel like that's like, if you don't take risk, then are you gonna get any reward, like a real reward? I think if you already know what you're getting, then it's like you're not risking anything. I really like risk cuz then you, you're expecting the unexpected like that I'm always taking risk and trying to, even though I'm overthinking like a planner taking risk just open like your view to new places. I feel like that's, or it does like it puts you in the spot of learning without maybe you wanting to.

Question 11:21

Trying to think of another question is there, what are the three most important aspects to support your lifestyle? Like what are the three most important things?

Mauro Gutiérrez 11:40

Oh, could you? Oh, explain it more.

Question 11:47

Mine would probably be writing, running and working out and like being kind. Like these three aspects that support my lifestyle all right, describe to a 6 year old what you do in life.

Mauro Gutiérrez 11:57

Okay, okay, okay. I think mine would be like comedy. I'm always having fun I feel like if I'm not having fun, I mean, I mean there's always a way to find how to make a joke or how to make everything happy. And then always be willing to help. I think that's one of my, the most important. I'm always tryna help people and always finding ways to help them. Cuz that's just whatever you give comes back to you. So I find out, I find that very important in my life. And just friendship, I think that will be the third one.

Mauro Gutiérrez 12:56

But I didn't, I would tell them like I go to school, to big boy school from Monday to Friday and one day of, one day a week I, I work to get my, to be part of my school. And then on the weekends, I really like spending time with my friends, maybe be more, I not procrastinate like what I have to do is I have to do it right now I've a lot, a little bit more order in my life than that.

Question 13:28

Okay is there anything you would do differently in your life? What would it be?

Mauro Gutiérrez 13:53

Like that feel, dinner with someone.

Question 13:56

Okay who would you like to have dinner with if you could have dinner with anyone in your life?

Mauro Gutiérrez 14:08

Beyonce. I think that I'm going to the other country right now. So the hunting.

Question 14:17

Are you actually young right now? That's so fun.

Mauro Gutiérrez 14:24

So I feel like it would be very fun to just talk to her about her songs and like what they mean. To me so she know the influence.

Question 14:33

Who are you going with?

Mauro Gutiérrez 14:35

I'm going with my godfather and my friend in the back.

Question 14:40

Fine what are your 3 favorite Beyonce songs?

Mauro Gutiérrez 14:46

My 3 favorite Beyonce on you just put me in the spot cuz I don't want them to judge me, but I I can tell you my my favorite one. Okay, I can tell you my favorite my top 3 from the last album to like that cuz then thinking about all the albums that would be that would take a lot of time but my top 3 for this album would be heated, very good group and pure slash honey. I think those 3 sounds like I really like them.

Question 15:22

Those are good.

Mauro Gutiérrez 15:24

Thank you to keep trying just always see the good sign not then I focus on the bad side of, of cuz if you focus on the bad side, you're always gonna see what?

Question 15:25

What advice would you give to your younger self?

Mauro Gutiérrez 15:44

You're always gonna see a reason to stop and not a reason I go on.

Question 15:56

What is one life lesson that you think everyone should know?

Mauro Gutiérrez 16:01

That, I mean, I, I'm saying this like everyone in my, like receiving my life or like around my age, just like we're young. It's okay to make mistakes. It's like you can just, it'll pass. Don't be so stressed about the future given the importance it has, but don't make it super big when it's not.

Question 16:36

What is your biggest fear that you've overcome?

Mauro Gutiérrez 16:41

My biggest fear.

Mauro Gutiérrez 16:50

Feel like coming out, like I, this was like last year was my first year in the American School, like the whole vibe and the whole, everything was just so different that this year I'm, I feel like everyone knows I'm out and I just see that no one really cares about it. So now I'm like, oh, what I do this before, like no one cares. And I even told my friends from my husband, like they know and I just feel so much free, how much better I think I can.

Question 17:26

Do you think you could be an advocate for people that haven't come out yet? How would you explain or how, what would, what advice would you give to people that haven't.

Mauro Gutiérrez 17:40

Don't rush it. Like you have to do it on your own time I'm on purpose. And like sadly someone outed me, but it just you find out over the time that what other thing doesn't really matter when you're living your true, when you're living your life. Other people like just they're not important. And you have to focus on being yourself and being honest yourself so you can really enjoy what you're doing.

Question 18:28

I agree. What do you think that you could give advice on in terms of your own life and what you've been through? Like, give me some things that you might be able to help others with.

Mauro Gutiérrez 18:40

Motivation. I feel like I'm very good at motivating people. Just having that energy of like, it sounds hard, it's gonna, you're gonna be tired, but it's gonna be worth it. I feel like most of the challenges that I'm facing right now, a lot of people couldn't like their mindset doesn't let them like go through them or wouldn't let them go through it. But I really like helping my friends and be like, I know that it's 5 in the morning, but we have to get the trolley at six, 30 and you have to go to school. Like you have to wake up. No, I'm rich. I think that's an advice I can give anyone.

Question 19:37

We see. Are you a morning person or night person?

Mauro Gutiérrez 19:47

I'm a, I think I'm a, I would be like a, I don't know, cuz I, I don't usually stay up late so nine person, but maybe a morning person. I just like the, the sunshine and all, everyone's happy the morning a joke, even if it's like a bad joke, this is funny.

Question 20:19

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

Mauro Gutiérrez 20:30

Like for me, anything funny, my senior town let me think, let me, cuz I don't really like go to a lot of places, but I feel like my neighborhood, it's so nice cuz it's my house and then have some friends there.

Question 20:34

You have a favorite spot in your city or town.

Mauro Gutiérrez 21:02

Then my family's there and then all around it, literally just walking like walk distance, not even three minutes walking. There's bunch of places like Tacos, Wings, there's like I there's four pharmacies walking distance from my house. Cuz I just feel like it's a tiny town. My favorite spot.

Question 21:33

Me see. Do you have any inspirational quotes or books that you like?

Mauro Gutiérrez 21:46

I honestly only quote the answer, may I every time I'm doing something or I'm thinking about a situation that just comes, to my mind.

Question 21:50

See.

Mauro Gutiérrez 21:58

Like what would whenever heard something like this before. So I think that would be my favorite quote. Anyway, my sister is my role model she's 22, but she's always been, she's always taught me to grow.

Question 22:15

Do you, who's your role model? Old is your sis.

Mauro Gutiérrez 22:40

It always made me better. I don't feel like there's been any incidents when she had done anything to like bring me down. She's always doing everything to make me grow. And the way she has always been like so old, open to me, talk to me about everything that happens. I think that has helped me like my maturity level, my dream life.

Question 23:07

All right, let's see, what's your dream life look like?

Mauro Gutiérrez 23:19

I don't really have a super focus idea on what I want my dream life to be. So maybe living in the place where I can be comfortable, have a job I like a lab I really love. And I'm not just living close to my family and being able to maybe see them, having a distance. I can see them every weekend. You can make that.

Question 23:53

What's your favorite genre of music?

Mauro Gutiérrez 23:58

Pop. I really like pop. Just like singing along to songs and having sticking in your head, in your mind like though for a whole week or like that.

Question 24:11

If you're looking to start a friendship or a relationship? What are the qualities that you look for in a friend or a relationship?

Mauro Gutiérrez 24:20

Loyalty I feel like most people don't get what it is. They know about it and they like talk about it but they don't they're not really like loyalty human, but and I feel like that's like the basis of any friendship.

Question 24:44

I. Any other qualities or just loyalty?

Mauro Gutiérrez 24:49

Oh, okay, just like honesty. I mean if you really have a friend, you're not you're not gonna have a you're not gonna be friends with someone that's gonna judging. So you I don't see why you would be afraid to be honest with a friend cuz it's not someone that's looking to like, do anything to make you feel bad in any way. When people are honest and people tell me about what they're going through, I really value that cuz it means they're gonna do the same for me.

Question 25:33

Okay give her a favorite holiday.

Mauro Gutiérrez 25:42

Christmas.

Question 25:44

Why do you like Chris.

Mauro Gutiérrez 25:44

Cuz, oh, I told you that I go on to my grandma city like December. So Christmas is always like all the whole families here. And we like, cuz the whole family is there, like we all open gifts and everyone gives each other gifts. So we have a bunch of gifts to give. And I, I mean, it's become like tradition that I'm the one that like, pose the, the like gift giving. So I like take the boxes, just give them to each one and explain who gave it to them. And it's just open. I really like Christmas.

Question 26:28

Do you think social media makes you feel better or worse?

Mauro Gutiérrez 26:32

I feel like social media is a great way to for me to like show what I'm doing and make my friends aware of what I'm doing without having to text them what I'm doing. I really enjoy social media.

Question 26:52

What are your favorite places to shop.

Mauro Gutiérrez 26:56

H&M. I feel like most of my closer from H&M. I just like how basic how everything's like not that complicated.

Question 27:10

Are you religious?

Mauro Gutiérrez 27:12

Oh, my family is and but I don't think I've ever been super villages like normal family. They they're Catholic but they've never like made us go to church every weekend like every Sunday or always pray. It's just like a value in our lives, but it's not something we're always thinking about.

Question 27:40

How would you describe your parenting style? If you were a parent, like, how do you think you would be.

Mauro Gutiérrez 27:44

If I were paying comprehensive again, like not being judgy cuz I think I would recognize what I did and how, like what I did in when I was that age and how I could help them with that, instead of just getting mad at them.

Question 28:08

What are you most proud of and why?

Mauro Gutiérrez 28:12

Just I'm very proud of this past year, my junior year and all I did in this year. It was my first year in American school, was my first time transferring school, like 10 years. So just going into the school and then excelling at everything, having a 4.0 GPA, taking 3 APS. I took 4 AP test and then by the end of the year, I got honorable on every quarter. And then at the end of the year, I got recognized by two teachers. They give class awards like that type of award or just like they recognize one of the students from each class. So I feel like just of me being like a total outsider to becoming a big part of the school. I feel like I'm a big part of the school. And like I'm part of ASP, I'm part of the student ambassadors, I've part of many different clubs. Like just me being able to adapt so easily to that makes me proud of myself.

Question 29:30

If you could hire someone to help you, would it be cleaning, cooking or something else?

Mauro Gutiérrez 29:38

Driving cuz last year, my friends dad used to take us to school every day and then bring us back. But then she's not in school anymore so I think driving that would make everything easier.

Question 29:58

Is there anything that makes you cry?

Mauro Gutiérrez 30:02

Dog videos on TikTok. I don't know why. Even if they're happy, I'm just like, like cry.

Question 30:13

What is, do you read any books?

Mauro Gutiérrez 30:17

Not really.

Question 30:19

Okay.

Mauro Gutiérrez 30:20

Okay.

Question 30:21

What is your best quality and what is your worst quality?

Mauro Gutiérrez 30:27

My best quality, I feel like it would be like I'm always open to grow. I'm always looking for the opportunity to be better, kind of, to always exceed my expectations. And then I think with that, it comes the. Worse. The worst one would which would be maybe like overachiever. Sometimes I come up with stuff down like, oh, I can do that. Then a week later I'm like, oh, maybe, hey, maybe I'm like that far away.

Question 31:19

Do you like to. Hold on this. What annoys you the most? Like what's your biggest peppy?

Mauro Gutiérrez 31:35

When people don't listen, when you tell someone like don't do this and then they do it and then they're do that, like or in classmen like students don't listen to a teacher. I'm just listen like, oh, it's not that hard. We're all going through it. We're all annoyed in this test is don't make it more annoying for everyone. Don't make the teacher with people he just said just cuz you're not listen.

Question 32:11

What do you think your friends have to say about you?

Mauro Gutiérrez 32:17

I feel and I hope that they think that I'm a good influence on them. I really like well I've heard it. That's why I'm saying exact vertical some like my friends have told me that they feel like but I thought them with a lot of stuff so I think that's something they would say about me.

Question 32:50

Then are you an outdoor and indoor person?

Mauro Gutiérrez 33:05

Outdoor peace of mind.

Question 33:09

Okay. Is your peace of mind important to you over everything else, like your peace of mind?

Mauro Gutiérrez 33:19

Oh oh peace of mind okay, cuz again, if I'm not if I don't feel peaceful then I'm not a I don't feel prepared to help anyone else. You can't if you're not and you don't take care of yourself then how are you gonna take care of someone else?

Question 33:48

Have you ever, if you could go back in time, what year would you go to?

Mauro Gutiérrez 33:59

Back in time, I would maybe go to when my parents had my sir when she was born. This is the year when she was younger. I don't see any point of my lap where I'm like, oh, I would I wanna change this, right? I would just like to see everyone when they were younger.

Question 34:36

What are your favorite topics to speak on?

Mauro Gutiérrez 34:45

How do you like to talk about like how, what? Like with my friends, I'm like, what, how you what you're going through kind of like how I can help you, how I've been through, maybe I've been through something similar and give tips about that or just funny stuff. Just like having a conversation with what's happening in the moment and just be like, oh, and this happen and oh, and then someone just fell and then help them and then be like, oh, that was unexpected. And that's funny.

Question 35:31

Okay. How do you define your family?

Mauro Gutiérrez 35:37

I think my family is like my family, my I'm talking about the people that live in my house, which is my mom, my dad, my sister and I. I feel like we're all helping each other and we're all always trying to like make the best out of the situation from how my, what my parents tell about how they met each other and how their story, like how they grew and when they got married and all the things they like been through, bum common factor and all of that is just them trying to help each other out is like always say, such a non selfish attitude that I think motivates and makes my family like table.

Question 36:44

How do you deal with conflict or argument?

Mauro Gutiérrez 36:47

I always like to think about it cuz maybe in the moment you can be a little like, you can say the wrong thing when you're reacting in normal man. I always think like to think about it and then have a conversation about what happened. Cuz talking is like the only way you can really make sure everything's resolved.

Question 37:22

What is the BIS biggest personality change you've seen in yourself?

Mauro Gutiérrez 37:28

Myself, I feel like from 10th grade to 11th grade, in 10th grade, I went to a school or everyone was, oh, everyone was, everyone in that school was like super rich. So I feel like that attitude of trying to best people really faded away the first week I was in my new school. Oh, I don't need to impress anyone. I don't need to act like I'm something I'm not cuz me being myself already impress people.

Question 38:19

What is a relationship deal breaker for you?

Mauro Gutiérrez 38:26

Like people break that trust. When people don't trust you, when you, when I see that a friend is like, believing stuff that someone else said and they don't, like, they don't come in, that they, they get mad before they come and ask me about the situation. I feel like that's a deal breaker for me on you didn't value my friendship to care.

Question 39:21

Are you more of a materialistic person or an emotional person? Like, would you rather someone, like, make something or would you rather someone, like, give you something you've been really wanting?

Mauro Gutiérrez 39:31

I feel like an emotional person. I've never been really like, I don't know, again, my parents have never raised me to think about any brands or think anything expensive as something like coldy or something that I. So I don't really care about like fancy stuff or anything that type. So I always value more like the feeling of like, oh, you gave me a gift that means a lot more to me than what you gave me.

Question 40:20

Can you, if you could give the world any advice or say something to the world right now, what would you say?

Mauro Gutiérrez 40:34

Get over it. Like, I get over it. Like, a lot of stuff, a lot of the problems right now I feel like are just people just thinking too much of something that, not that complicated.

Question 40:54

Alright, that was my last question. I'm gonna email you another time to do another meeting because I think we need to do like a few sessions. But good job. I hope you have fun at Beyonce and I'll talk to you soon, okay?

Mauro Gutiérrez 41:09

Key. Okay.

Hi, I'm sorry, it's just that I'm in school and I am like, we're looking for a space off for me to take this.

Question 00:16

It's okay.

Mauro Gutiérrez 00:16

Let me hi, good gift, everybody.

Question 00:39

How are you? How's all going?

Mauro Gutiérrez 00:46

Hi there. It's going good. It's been a really busy day.

Question 00:52

What do you do?

Mauro Gutiérrez 00:55

I will. I have my first class and then in my second class, I had to go do my orientation for scripts. I told you that I'm gonna be working as scripts this year. So I had to do my orientation, the two hour orientation, and I had like 30 minutes of lunch and then I had to give a tour to a potential donor for the school.

Question 01:19

Cool.

Mauro Gutiérrez 01:21

So I just came from that cuz that was like three minutes ago. And it ended right, like right at 12:59. I just came running to the office to, to for the meeting, so I wake up at 5 and then after shower and do my morning routine, basically get myself ready by 6.

Question 01:31

No worries, okay. What is your daily school life look like from when you wake up to when you go to bed?

Mauro Gutiérrez 02:05

And then I 6, I leave my house and I get dropped off at the border. And then I cross the border and take the trolley to a station that connects to the bus. Then the bus takes me like one street away from school. So I just have to walk. Then I get to school, take my classes. We have Mondays part of the work study program and we have characters from 8 to four. So after school I have 4 month no Tuesdays and Thursdays. I have classes. I USD, I'm taking larger replied at USD and well if I don't take the class, I just take the bus and the trolley back to the border and then I get picked up. And if I do take the class I have to go and then come back and most of the time I got father takes me to the border so I have to go in the bus at night.

Question 03:12

That's nice, but that's a lot of stuff you're doing.

Mauro Gutiérrez 03:14

It is.

Mauro Gutiérrez 03:21

By Friday I just get home and instead of going out with my friends, I'm like give me a second, just leave. Saturdays and Sundays I can use them for that but Fridays are for resting.

Question 03:34

Okay. What's your favorite quality about yourself and your least favorite?

Mauro Gutiérrez 03:40

I think my favorite quality by myself is that I'm, I always find the good side about everything. I don't like focusing on the bad stuff that's happening, I like to recognize it cuz it's, it's not, I don't think it's good to ignore it, but I don't like to give it that much importance when I can make that bad situation or that bad, think something good and, and maybe the bad my biggest favorite quality.

Question 04:07

I agree.

Mauro Gutiérrez 04:12

Then maybe sometimes I think a lot about stuff. I just have it in my head all day and that sometimes can become frustrating.

Question 04:23

So like a little bit of an overthinker. What is something that makes you feel unstoppable?

Mauro Gutiérrez 04:35

Right now, this year, all the classes I'm taking, the AP classes, the college class, I'm also taking a class like outside of school. Just knowing my, how I'm doing all this and I feel great and I still have time to go out with my friends and have peace and do the things that I like. At the same time, it just make me feel like I can do anything I want. I found a great balance between my life in my life, three words, unique, resilient and funny.

Question 05:08

That's so awesome. What 3 words would you use to describe yourself?

Question 05:28

Okay. Would you call yourself brave?

Mauro Gutiérrez 05:36

Definitely I, I always like to stand up for what I believe.

Question 05:36

Why do you?

Mauro Gutiérrez 05:43

When I hear or see something that's that I feel like it's not right and that I see that is actually not right, I always like to stop that. And I'm never afraid to recognize when something's wrong or where when I'm wrong. And I feel like that's the most important part to recognize when I'm wrong. Cuz it takes a lot of nerve to really see that you do you're doing something wrong. So that definitely that thing that that makes me that would make me a brave person.

Question 06:13

Okay, give me one second. Someone's here. The packet.

Mauro Gutiérrez 06:19

It's okay.

Question 06:20

Sorry.

Question 06:44

Okay, I'm back.

Mauro Gutiérrez 06:49

Hi.

Question 06:51

Okay. When do you feel the safest?

Mauro Gutiérrez 06:59

When I'm with my family and by family I also mean like my not blood family, like my closest friends, I always feel safe cuz I like over the past year specially I've Learned and I've really strengthen, made my all of my friendship really strong so that when I'm with them, I feel like I have some in someone that's backing me up, someone that's gonna be there for me cuz if I don't have that, then I don't feel safe.

Question 07:39

What's something you're really bad at?

Mauro Gutiérrez 07:43

Sports, I'm not really bad at them.

Question 07:45

Okay.

Mauro Gutiérrez 07:47

I'm just I well for me I see is like if I'm not interested in something, I just don't hum, I don't excel at it. So since I'm not really very I'm not very interested in sports. I don't do as well in them but most of the time in PE when I'm having fun in them with my friends, I, I, I mean, I feel like I could be a standout and what we're doing cuz when I like it, I can really work it out.

Question 08:20

That makes sense. What is your favorite nickname someone has given you and how did you get it?

Mauro Gutiérrez 08:29

My name's model and when I was in seventh grade, there was a school trip to six flags and the secretary that was giving out the tickets before we went to success, instead of calling me model, she call me Moodle. So she skipped, she kind of skipped the and after that a friend that was very like he keeps economy model and I think that's, I not even have it. That's my Instagram nickname. So I really like that and I embrace that name. I keep teaching it to people that like maybe weren't in that moment cuz no one was there.

Question 09:02

Cool, that's funny oh, Geo, is your family have any big traditions?

Mauro Gutiérrez 09:07

I keep spreading it. Sorry. Like that. Cuz also Moodle in Spanish means wall. I mean it that was in Mexico. So that was even funnier. Like it was not, it was a really weird, like a weird word to come.

Mauro Gutiérrez 09:37

I think my family has always been very like connected. Any Christmas, any like New Year's party were always like everyone is to get in. We're always open to new stuff. That's something that really define my family. And I tradition that my family has is talked about it, right? I think I talked about it last LA or last meeting was that I gave out the presence for Christmas. And I think I did, it's kind of like a presentation I do where I just read who gave it to who, the presenter, the gift, and we all have fun cuz we all laugh when we make jokes. And it's all like a really happy moment. And also another tradition we have is that when there's a birthday, birthday party, after cutting the cake and when we're about to open the gifts, everyone in the room says good words to the birthday. Well, the person that's their birthday, we say something we like about them or something we're we appreciate about them and it just opens up to gray moments.

Question 10:45

And we have.

Mauro Gutiérrez 10:49

Like if it's always a nice moment where someone cries and then everyone just everyone's just happy and feels good about the person that we're celebrating.

Question 11:00

Oh, that's so cute are you a good gift giver?

Mauro Gutiérrez 11:11

I like to think myself as the good gift giver. I always try to give gifts to my friends, even if it's like the smallest things. I think that I've been doing for a while, like maybe a month, 2 months, I've been making bracelets like all these pray bracelets. I made them myself and I like to give it to my

friends. Like maybe someday there I'm like, oh, you're nice to meet today. Let just think about that like for the whole day, I just go home and think about maybe the colors that made me, the dive brought to my life. And I just do briefly given to give it to them the next day. I almost like a sign of appreciation.

Question 11:59

I like that. That's cute. Who do you admire most and why?

Mauro Gutiérrez 12:06

My sister cuz, she's always taught me how to always grow.

Question 12:08

You've said that.

Mauro Gutiérrez 12:13

She's always been a very strong role model and I don't know, I feel like if she can do stuff, then I can definitely do it. She's a, well, she's a girl, she's a Mexican girl and she's also ogbt. So the fact is she shows me, she's always told me like you're a guy, like think of all the privileges and everything that you have. And when I see all the things she gets and how hard she works for everything that she's getting in life, I'm like, it would just be stupid if I didn't either. It would just be stupid if I just if I was, if I just treated that like, oh, I'm already getting a lot of stuff just because I am what I am. So I'm like, she's always taught me to never take anything for granted and always keep for be hard here.

Question 13:11

Would you rather be in a place where no one knows you or would you rather be in a place where everyone knows you?

Mauro Gutiérrez 13:20

For me. I think that would be like the same thing cuz a place where everyone knows me. Well, everyone, I'm an extrovert so I always make myself like stand out of the crowd. So I feel like if I'm in a place where no one knows me, it will be, it will not be a long way till I make, I kind of make everyone know me. For me, any of any of the any of bold, I really like it. Like I would love to just express myself and just talk about myself to new people or just continue with the people that already know me.

Question 14:04

Would you rather be? Would you rather have to make new friends, though, or just be with the friends you have?

Mauro Gutiérrez 14:14

I feel like I stay with the friends I have right now. But again, also part of the thing I look with in my friends is we are friend group, but if anyone ever wants to hang out with us, we never exclude that like we're not we don't have that sense of exclusivity or anything so that really makes us are really like open friend group and the vibes are always sure.

Question 14:47

Is it easy for you to accept help from people?

Mauro Gutiérrez 14:53

I think when it's just given to me when I'm trying hard in a math like a math? Problem and someone just comes up to me starts helping me that kind of annoys me sometimes cuz I feel like I work very good on by myself like just thinking about stuff and competitating about what I'm gonna do but if anytime I feel like I need help, I feel like I'm the most open person to that cuz when I actually feel like I need help is the moment. Or I'm like, I'm very vulnerable, so it's more like, it's a complicated topic. For me.

Question 15:52

How do you define beauty in another person?

Mauro Gutiérrez 15:59

I feel like beauty for me, this is defined by love. When a person is just, when you see a person that is lovely, that they spread, that, you can see that in them, that just makes you glow in my mind. It just, it makes you stand out. When I see someone hating or like having a like, mad face and always like judging people with their eyes, that just, for me, it just makes you super, like, background. Like it just excludes you. And but when someone's happy, when someone's spreads that happiness, makes me see them as, wow, it's like something super. They definitely stand out of the crowd.

Question 16:56

What do you think makes someone a good person?

Mauro Gutiérrez 17:03

I don't know how to say it, but like not being selfish. Is there a word for not being selfish?

Question 17:11

Selfless.

Mauro Gutiérrez 17:11

Being selfless. Okay. Oh, selfless. That's, I think that's the basis of EV. Everything is a lot of the things that annoy me from people come like, they all connect to that basic principle would be like not being selfish and excel being selfless. Like I don't like when people are are ungrateful or when they do stuff without thinking about the consequences that they have. And those are problems that all like they come back to that can be stopped if you're selfless.

Question 17:55

Where do you go for fresh inspiration?

Mauro Gutiérrez 18:02

Questions, creation. I think I just put it like put my headphones in my reports. I like just listen to music and that's like my place to think and kind of vibe with what's what I'm listening and what I'm thinking and then it really connects and makes me like get inspiration for what I'm gonna do or what I'm gonna say.

Question 18:27

What do you usually need inspiration for?

Mauro Gutiérrez 18:31

Maybe like the colors that I'm gonna use for the bracelet or what am I gonna do for a project? How am I gonna do it though? Like those type stuff.

Question 18:47

What are you most grateful for in life?

Mauro Gutiérrez 18:51

I think the thing that I'm most grateful for like in my whole background, it would be my family and the support I've gotten from my family. And right now school, my school and all of the opportunities I'm getting from my school, the Work Study Program, Daps, the class that I'm taking outside of school, the class that I'm taking USD, those all come from what the school has given me. So I'm definitely grateful that I get all these opportunities that I know most people don't even know that that exist.

Question 19:27

That's true describe your perfect day.

Mauro Gutiérrez 19:42

Perfect day. Honestly, my perfect day would be a day like today just wiki. I'm going to school, being with my friends, seeing them, laugh with them, eat with them, even like give a tour. I really like give, giving tours, coming back, having classes and then just go home. Maybe you hang out

with a friend after school or whatever. But a perfect day for me is, is the day where I'm like doing what I'm supposed to do. But when I feel like I'm doing what I suppose, a crocodile, but a baby one, not a big one, a baby one.

Question 20:27

Which unconventional animal would you have as a pet?

Question 20:40

Oh, sorry.

Mauro Gutiérrez 20:42

Just to scratch it like the head and like the nose. This is they make like funny faces. They just open their mouth like all the time.

Question 20:55

I keep yawning. I'm just really tired today. I don't know why.

Mauro Gutiérrez 20:59

It's okay. I'm really tired from the whole week, too.

Question 21:07

What is the worst song, in your opinion? Like a song that you just are like, no.

Mauro Gutiérrez 21:15

What's it called as? I know the name. Dance Monkey.

Question 21:20

Oh, dance real no.

Mauro Gutiérrez 21:22

You know what that is? I don't like it. It doesn't know it and it annoys me. I don't know. It annoys me. Like, I just care.

Question 21:42

What are you most excited about for the future?

Question 21:53

Hello. Your connection is bad. I don't know if you can hear me, but.

Question 22:12

Hello.

Mauro Gutiérrez 22:19

Can you hear me?

Question 22:30

Okay, I can see you now, what are you most excited about for the future?

Mauro Gutiérrez 22:33

Okay? So what was the last question? Connection with them, I feel like just growing and keep learning and keep just evolving and getting better over time.

Question 22:56

Are there any colleges you're looking at?

Mauro Gutiérrez 22:59

Prefer USD is a pretty good option for me right now. The my school provides the got the Torero promise and if you take 3 APS and maintainer 3.7 GPA along your high school years, you get the opportunity. And if you get accepted into USD I think it's like almost a pool, right? A USD. So for me, that sounds like it's a great opportunity for any students.

Question 23:30

That's.

Mauro Gutiérrez 23:34

And I know, I know I like I have all the requirements for that. So that makes me really interested in using.

Question 23:51

Awesome. What do you wanna study?

Mauro Gutiérrez 23:55

I wanna be like a biology, biochemistry major, maybe medicine.

Question 24:06

What's on the top of your bucket list?

Mauro Gutiérrez 24:09

Right now I need to finish my homework for my college class. Sure, that's what I have to do right now. I thought, oh, bucket list.

Question 24:19

Your bucket list, not your list, like your goals, like in dreams, like something you've always wanted to.

Mauro Gutiérrez 24:23

What then? What is that? Or like, in right now, just finish, like, graduated, get into, like, get the best out of this last year that I can do. Like, get the best out of the my last year in high school.

Question 24:46

Are you gonna apply the any other schools besides USD?

Mauro Gutiérrez 24:51

I can applying to a bunch of schools, maybe some UCS and schools around California. Now, I wanna say, like, I have my list.

Question 25:03

Like, you know, this.

Mauro Gutiérrez 25:09

Can you remember them? But I don't know why I forgot. I have my list. It was like, think like, and you and I see if you and the Claremont Colleges, like any of those are sound like interesting to me.

Question 25:40

As CSU, I go there. It's nice.

Mauro Gutiérrez 25:45

I see. Southern Connecticut State University. Haven't heard of it. Well, mean, I could definitely.

Question 25:59

What's your favorite kind of weather?

Mauro Gutiérrez 26:10

Sunny, like hot. I like it when it's hot. Even though it's annoying, I like the everything that comes with it. Just like going to a pool for and like being out and hanging out with friends makes everyone happy, I think.

Question 26:31

What is the biggest compliment you can give someone?

Mauro Gutiérrez 26:36

I feel like the biggest company that I can give someone would be like, like I don't know. I feel like I always try to give people compliments like, oh, in the good, oh, oh, I like what you're doing right now, but maybe like a bunch of people just came in like they thank you but I'm really like honest about what I'm thankful and what, like I appreciate about people.

Question 27:16

Are you in class right now? Like I'm.

Mauro Gutiérrez 27:19

No, but I'm in the office cuz the, you said the connection was not the best, so I had to move rooms. Now I'm in the office and I'm like, I have trust till 2, so don't worry, cuz.

Question 27:27

Do you have class sooner or no?

Mauro Gutiérrez 27:39

But I've got to right now. It's my, the IPE. But I, I was allowed to have this whole hour for the meeting.

Question 27:54

Gotcha. What do you wish you did more of?

Mauro Gutiérrez 28:03

I wish I did more like, like sports. I wish I had more time so I could actually focus anyone and maybe get interested about, I'll be next, like good people are like super sausage again and then going back to that.

Question 28:21

What is something that makes you really angry?

Mauro Gutiérrez 28:35

But they never like, ask for help or they never take anything from when you try to share. I really like, I get annoyed by that. I'm like, we're like, no one's helping you to be a bad person, so why would you not take it? Any help is good. Help, use your, I don't know.

Question 29:00

Do you have a biggest fear?

Mauro Gutiérrez 29:05

I used to be really scared of death. And then I'm not gonna die soon. I don't think I'm gonna die soon. So I don't know. I don't think I have a biggest fear I love just my friends in the passing period, just seeing them and hug them, just like play with her or whatever, that's a really nice thing I like to do.

Question 29:17

How do you express your love for someone?

Mauro Gutiérrez 29:36

Okay.

Question 29:48

What's your least favorite emotion?

Mauro Gutiérrez 29:51

When we share with emotion, like the call fear. Or like being scared of stuff, cuz, well, I'm not usually scared of stuff, but I kind of get annoyed when people are scared the first time. Like, are you scared of, you haven't even tried it or you haven't done, you haven't done what you're scared of doing. So that here would be, I would make just eliminate any kind of sense of super superior, like people seem seeing better than other people.

Question 30:21

Oh, and if you had the opportunity to redesign society, what would you change?

Mauro Gutiérrez 30:49

Like just eliminate that. Cuz that just, that's what makes, I think that's where everything starts to break and everything to start being welcome from there.

Question 31:07

What impresses you the most?

Mauro Gutiérrez 31:13

When like people are willing to learn and willing to grow messy, someone that's like open to feedback and open to any help, that really shows a sign like self, they recognize themselves as what they're and they're not. They don't think, they don't think something that's not true. They have their feet on their ground.

Question 31:45

How do you react to anger from others?

Mauro Gutiérrez 31:51

When it's anger that I understand that, like I understand situation and I feel like that situation is disturbing of the emotion selectivity from a very, like super like super outside side point of view, I take it seriously and I try to help about the emotions are happening. But when I see anger that comes from stupid stuff or some things that are not, when it comes from a lie, when it comes from like something made up or something that's not true, I am, I always try to be the first to like just stop that and stop that negative energy from spreading out.

Question 32:49

What do you love most about life?

Mauro Gutiérrez 32:52

People, I'll be, I could be alone.

Question 32:55

People.

Mauro Gutiérrez 33:00

Like when people are there and when people help you, it just makes everything better.

Question 33:15

What do you consider your core values?

Mauro Gutiérrez 33:19

My core values would be like, values, growth and love and just like appreciation overall. Just being open to everything.

Question 33:51

With something that makes you envious, jealous.

Mauro Gutiérrez 33:55

What does that mean? NPS jealous. I don't know. I'll find myself being a very jealous person. I really appreciate what I have and I feel like everyone's getting what everyone's kind of getting what they deserve. Everyone's kind of getting what they work for. So I'd actually don't find myself like being jealous. And again, situation, but maybe, I don't know when people are eating good food and I didn't bring anything for lunch that day. I'm like, fish head. Maybe that.

Question 34:46

What's the toughest conversation you've ever had to have?

Mauro Gutiérrez 34:55

Maybe when my cousin died, that just like realization of what was happening. That's, that was hard.

Question 35:09

What's your biggest insecurity?

Mauro Gutiérrez 35:13

This is pretty, but I love to be myself. A rare goal. Like work a lot on that. Like just always being my true self and being true to myself. So I'm like, maybe if you're of your, my. Oh, most of question I can. I kind of got lost how to say like people not like around because it's great.

Question 35:40

Biggest insecurity, I think.

Mauro Gutiérrez 35:42

Oh, maybe it makes me secure that sometimes people might find me annoying or my, I, my personality like, I know in anyway makes me secure that maybe I might be maybe people uncomfortable without like being, without knowing about it.

Question 36:19

Eh. Oh, if you could jump into a pool of anything, what would it be full of?

Mauro Gutiérrez 36:33

Water, Harry, like both finding water, he's cold water let me to be able to swim anything.

Question 36:40

Significant anything. Like orbees or like Jello or like, you would pick water.

Mauro Gutiérrez 36:47

Maybe I think I would. Or maybe like climb like slime like the one you make.

Question 36:59

Hum, if your phone could talk, what's the most embarrassing thing it would reveal about you?

Mauro Gutiérrez 37:26

The, I don't know. I'm always like get a weird position when I'm using my phone now. Sometimes like things or to like hanging on my bed. Maybe if my phone could take a picture of me while I'm just laying on my bed, that would be very thick.

Question 37:48

What's more important in life, excitement or stability?

Mauro Gutiérrez 37:54

I feel like maybe excitement, cuz as long as you're happy and as long as you have energy in your life, you can, like, feel like you have it. You're in control of your life. Cuz there's always time for stuff. So I appreciate excitement a lot.

Question 38:25

What's one thing you think most people have and never appreciate?

Mauro Gutiérrez 38:34

Love. There's a lot of people that are always like, oh, no one likes me, or, oh, no one loves me. And then I think that if you really, like, start seeing and start, like, thinking about what you have in life, you see that that's the thing that everyone has. That's the thing that everyone gives to. So I feel like that's something that not a lot of people appreciate, a lot of people value.

Question 39:11

Where's the fanciest place you've ever been?

Mauro Gutiérrez 39:15

Fancy things are very big. I want to cruise once and the cruise went to an island that a, it was like a hotel that had a how do you a slide, not a waterside did yet a waterside, a water, it was a water park and one of the slides had sharks in it. I think I will be like the fanciest place I've ever been.

Question 39:51

Do you consider yourself a people pleaser?

Mauro Gutiérrez 39:55

Sometimes again, I really always try to be myself but I feel like when someone needs help, I'm always there. So that would be something that make some sense, like anything like a magical we feel like I'm always even if I don't like someone, like I'm always there to help them we're I once back in school, I said that I didn't know something and I didn't know, I didn't know.

Question 40:17

And.

Question 40:32

Have you ever told a lie that you regretted?

Mauro Gutiérrez 40:48

And then I got to talk here, which it wasn't that big of a deal. But my just the feeling of like this would happen makes me regretting, that I'm maybe that I'm really interested in what's happening right now I saw the times when I saw the meetings that we had, and I don't go out to school till 4.

Question 41:12

Is there anything you think I should know about you that you haven't already told me, that maybe you haven't said.

Mauro Gutiérrez 41:33

So just the fact that I could, that I went to my supervisor, like my vice principal and asked and look for the time to get to have this meeting, I feel like I really want you guys to know that I'm really interested in that. I'm really happy that I'm getting this opportunity. Me, about this just seem like, I mean, you said it was about developing an app.

Question 41:54

What are you most excited about?

Mauro Gutiérrez 42:03

Like it just sounds so like an amazing thing. Sounds really like a fancy thing. And for me to be part of that and then maybe sometimes I someday I can download the app and just see what the AI right now, like what it says and be like, oh, well, I was part of that. Like it's based on me and that people are using and like people are in a way talking to me and I'm talking and like, getting advice to people. That makes me excited.

Question 42:38

Are you usually pretty good at giving advice, would you say?

Mauro Gutiérrez 42:41

I think I am cuz I really like to put myself in like the my friends or like the person I'm giving advice to. Shoes like to see what they're going through and understand before judging.

Question 42:58

You're empathetic.

Mauro Gutiérrez 43:01

Definitely, like confidence when people are going through like problems are like, make them feel like they're not worth it or like anything related to that.

Question 43:02

So what advice do you think you're best at giving a in terms of your own life and what you've experienced?

Mauro Gutiérrez 43:24

I feel like I'm a really good motivated.

Question 43:29

Awesome. What it? What it? What about something else? Can you think of something else?

Mauro Gutiérrez 43:36

School like anything that has to do with school, I would like to help my friend with homework. I always give them advice is and how to deal with a certain teacher, how to like just get better, something.

Question 43:53

What would you say to someone who said, I wanna give up, I don't wanna do school anymore?

Mauro Gutiérrez 43:58

I would just be like look at the school you're in, especially my school. Look at all the opportunities you're getting from the school. Are you actually like, are you actually seeing what you have or are you just focusing on stupid stuff? Cuz most of the people that don't like who are like, well, I don't like these teachers. Like you just see him one an hour one hour a week a day. And you don't really have to like talk to the teacher. You can just listen to the lesson and pay attention. Or maybe if you're like, you really don't like the teacher like you. Do you have to pass the class? So there's a lot of resources, there's a lot of other teachers. There's and the internet, like there's me, like I'm always there to make help and always harm the situation.

Question 44:44

What if they say, I don't care about the opportunities?

Mauro Gutiérrez 44:49

I will get Max. I'll be well. Like that's just disrespectful cuz what everyone's like, everyone's working, you're working on like giving you the best experiences at your school and you're just being ungrateful. Try to make that person think about what they're doing and realize that what they're saying if right. Not for them to be like, oh, Mao is just getting mad at me. For them to actually realize and actually think about what's happening and see what really matters is it like, it's a teacher really worth your whole education to see the size of the problem and what why you're making it seem like?

Question 45:47

What about if someone came to you and they said, I'm getting bullied, people are making fun of me at school. How do I deal with that?

Mauro Gutiérrez 45:58

My first advice is always like step away from that situation. But if you can't or if it ever happens again, just go to a teacher. Like there's no there's no benefit in just keeping it to yourself. If you're getting bullied in school, like anyone makes just anything to you that you don't like in school. There's nothing better than just going and telling someone that can't do something about it. So they actually do something about it. Cuz if you don't stop it from the beginning, then it becomes a bigger problem that can be unstoppable or that can result into a bigger consequence.

Question 46:46

What if someone came to you and said, my parents are always mad at me. I feel like I'm never good enough and I don't know what to do. I can't make them happy.

Mauro Gutiérrez 47:03

I would, the first thing I would do is just show them how maybe I or how, like different group appreciate them now, like the things we value about that person. And then encourage them to talk to their parents about it, to not keep it to themselves, but to communicate that just like the way they communicated to us, but to their parents.

Question 47:28

And then meeting. How would you react to someone who said that they have an eating disorder?

Mauro Gutiérrez 47:39

I feel like, I mean, I haven't had that experience yet, but that's still hard. Like things that are more serious and that I feel like given, if I give an advice, it wouldn't be like, it wouldn't be a professional advice because the last effort, that's something that a professional should take care of. So my first advice will always be like go to the counselor like toggle bathroom or go to your parents and tell them to get you they get you the help catching me but that also make that person know that I'm always there, that I'm there that they're not going through it alone because there's someone that knows and there's someone that like if anything happens, I'm gonna be there to help you and get over and follow up with your treatment or anything that you need around that problem.

how can you improve your study habits?

Question 00:02

No worries. Okay, so this is gonna be kind of different, but you're gonna be like my mentor and I'm gonna be, oh, like, how do I do this? And then you're gonna respond. Okay, the first one is, how can I improve my study habits?

Mauro Gutiérrez 00:35

Well, how, like, what's your keeping schedule? Should I, should I, is it like that or should I just tell you that I'm, that I'm, I would be like considering that if you ask me the question.

Question 00:48

If someone asked you that via text, like if you were a mentor and some kid was like, how can I improve my study habits? What would you say to them?

Mauro Gutiérrez 01:00

Well, I would, I would ask them how, what their schedule is like overall, their school free time and shipping schedule and try to encourage them to try and get all the work and all the studying to be connected in a way like getting out of school, going home and right at, right after you eat something and at home start doing your homework or start studying to improve that difference of, not that difference, but that organization of time, which is like working time.

Question 01:11

Hum.

Mauro Gutiérrez 01:42

And then that way you can, I feel like having free time and having continuous free time and not interrupted free time is, would help the other studying better, be better.

Question 01:58

Okay, to go off of that, how do I manage my time effectively? How do you do it?

Mauro Gutiérrez 02:06

I would tell them to, first of all, have a planner is a really good strategy for, for school especially. And also making a list, a mental list of what's of importance, of what's, what really needs to be done right now and what can be done tomorrow. Like if right now I have a BI biology test tomorrow and then I have a calculus test on Friday, I would tell them to focus more on the biology test because the calculus, even though maybe Oculus might be a harder subject to take, the urgency of the matter is not the biggest right now.

Question 02:57

Okay, what should I do if I'm struggling with a particular subject?

Mauro Gutiérrez 03:06

I always try to offer help with any particular subjects like, well, if you're doing bad in history, well, you can, I can help you. Something I normally do is I create guides, like study guides for test and I provide them to my friends so they can like, also to study from them and, and or anything else I would, I'm always open to like help. Any questions or if you wanna study like a pair, a pair of study time, I'm always there.

Question 03:44

What if you're not around? Who can I like? What should I do?

Mauro Gutiérrez 03:49

I feel like the teacher should always be open to answer your questions and you could ask them for maybe 10 minutes, 20 minutes or even half an hour after school and lunch that a teacher could provide for you in their free time.

Question 04:10

How do I deal with bullying or peer pressure?

Mauro Gutiérrez 04:14

I feel like the best way to avoid bullying would be to get yourself out of that situation. Try to like get distance from those people. And if you can't, always report it. Never keep anything to yourself cuz it's not worth it.

Question 04:39

How can I improve my test taking skills?

Mauro Gutiérrez 04:43

For test taking skills. Always read what you're doing. Don't, if you ever feel the pressure of the time, I more this question is too hard. Try to focus on the question. And if you can't do it, skip to the next one cuz you might the question the answer to the question might take some some time to get to your head. So don't worry about answering every single question worry about answering them answering them right and knowing what the answer is. So focus first on what you can do which would be all the questions that and then after you're done with all the questions that you with all the question that you answer you can go back and use that time to answer the question that you have in. So that way you can have more time for those and don't you don't waste the time for the other question.

Mauro Gutiérrez 05:40

Kind of the oh, I'm sorry, kind of like the strategy for time management, which is like putting the most important stuff, which is the stuff you can do right now, do it first and then the stuff you

can do with this, the view the problems you struggle with the most, leaving them not at last but putting them in a place where they where you can be sure you're gonna have a lot of time for them.

Question 05:40

What's.

Question 06:10

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

Mauro Gutiérrez 06:18

Ask after college counselor. I feel like if you're really interested in a specific college or just interested about what the college experience is gonna be, any college counselor is gonna be open to either help you with their experience or connect you to anyone else that has experience about what you specifically want, pick the no, pick the activities that best fit you like the things that you're really interested in.

Question 06:43

How can I choose the right extracurricular activities for me?

Mauro Gutiérrez 06:55

Don't join the club that you don't join something that you don't like cuz then you're not gonna contribute good things to it. And you might even like get just not like it and just be there for a reason. That's not really what motivates you. Also make sure that they fit your schedule and that they're not affect, they're not hurting you more than what they should be helping you and multiple, the last one I'm trying and the social life, try to create boundaries between the three of them limits of time.

Question 07:21

How do I balance school, work and Social life? And a social life.

Mauro Gutiérrez 07:37

Try not to not to always be texting your friends on your phone, not to always be talking to your friends, but also to acknowledge that there's some stuff like work or school that deserve or or that you have to have some alone time, some like thinking time for them. Create those boundaries and organization of what, what is needed right now. And if you're trying to do your homework, try to leave your phone as maybe outside of the room you're in or turn it off, just to create that sense of I'm in school mode right now, I'm in work mode right now. So you can have that good balance of those three elements.

Question 08:24

How can I cope with exam anxiety?

Mauro Gutiérrez 08:31

I feel like my experience with exam anxiety would be to, like, from my experience, what I could do to help would be just talk about it with other people. Cuz if you don't, cuz when you talk about it with other people, you notice that most people have exam anxiety or most people are nervous about the test. And that way you can share with them your experience and what you feel. And talking about your feelings someone else always helps to cope with yours. It helps you understand other people.

Question 09:11

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

Mauro Gutiérrez 09:15

How to make your friends fit in a new school. I feel like if I'm in my school and then my friend is new, I don't get it.

Question 09:31

How do I make friends and fit into a new school like some.

Mauro Gutiérrez 09:35

Oh, how do I make friends? Oh, you're asking me. Oh, I'm telling you. Oh, see don't force it. Don't try to fit in just cuz you wanna fit in. Be yourself. And when you're yourself, people are normally attracted to you or people are normally drawn to be your friends. So just be yourself and the people that wanna be with you and wanna be your friends are gonna be with you.

Question 10:06

Okay. How do I handle conflict with friends or high school students?

Mauro Gutiérrez 10:19

When conflict starts, type first. Always try to solve it in the best way possible, which would be talking about it and try to solve it personally with the person or the group of people that is, they have the problem with. And if you can't, always tell someone that can do something about it, a teacher or maybe your parents, to stop that conflict from becoming worse over time.

Question 10:56

What are some tips for staying organized?

Mauro Gutiérrez 11:01

You're saying organize I feel like always have a brief for everything don't know where your pencils are gonna be know where your bugs are gonna, be know where your workspace is gonna be don't have a specific place for everything and not be like, oh today I'm gonna study here and then today I'm gonna study here and then I'm gonna study over there.

Question 11:02

Okay.

Mauro Gutiérrez 11:29

Cuz I feel like your brain just your brain get get used to that place and if your brain if you keep using that place to study your brain is gonna get on study mode every time you're there so that's beneficial for what you're doing.

Question 11:49

What should I do if I'm feeling overwhelmed by schoolwork?

Mauro Gutiérrez 11:55

I would always recommend to talk to friends or family about it especially because most of us right now in senior year are filling out, overwhelmed by everything that's happening meaning every class and every college thing that is going through our minds so we should you should always be open the people like people self, be yourself when you're yourself and you learn to love yourself whatever people say about you, whatever people try to criticize about you doesn't matter cuz you realize the you're just you're not doing anything wrong, you're just being yourself.

Question 12:23

What's the best way to build self confidence?

Question 12:52

Do you have any tips for staying organized?

Mauro Gutiérrez 12:57

Same organize just keep doing those habits if you already create if you already started something like, oh I'm gonna do my homework at four and I'm gonna shower at 7 and I'm gonna go to see that I ate. Keep them do like keep them don't give up try always try harder and keep trying cuz that that's what creates good habits that were li good habits are always and and good.

Question 13:37

How can I avoid procrastination?

Mauro Gutiérrez 13:42

Timelines well timelines but also thinking about if thinking about why you're procrastinating it would be like, well this is actually really important I should not be doing this and that thinking about the importance of the thing you're leaving for later. That could help you realize if what you're doing is wrong well that why you're doing it wrong and why, if you're struggling with your mental health but you think is something you can get over it easily don't ever doubt to talk to me.

Question 14:14

Oh, what should I do if I'm struggling with my mental health?

Mauro Gutiérrez 14:42

That's what like that would be my first instinct because someone that ask you that is someone that like, usually trust you, would trust you within. But if you feel like my help or your family's help, it's not enough. Try to look for a specialist because it's never wrong to admit, it's never wrong to ask for help.

Question 15:18

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

Mauro Gutiérrez 15:27

I feel like we've all been in that place sometime. And the best for, the best advice for that would be don't keep it to yourself. I feel like most of the time, or at least in my experience that I felt lonely. It all gets better when you talk about it with someone cuz that opens your view about the problem to people recognizing you, and to people. Showing you that they don't want you to feel that way.

Question 16:18

How should I deal with peer pressure in terms of drugs and alcohol?

Mauro Gutiérrez 16:25

If you ever feel pressured by any friend to do any drugs or alcohol, you should take, usually stay away from them. That is an automatic like red flag from any person is any of those. First of all, we're not and we're not in an H that is supposed to do that. It's illegal and it's bad for us. And second of all, no one should be pressuring you to do something to your body that you don't want do.

Question 17:02

Good.

Mauro Gutiérrez 17:02

So definitely stay away from any person that pressure view or gives you the appearance of pressure about any of those topics.

Question 17:04

Right.

Question 17:24

What should I do if I witness bullying at my school?

Mauro Gutiérrez 17:29

First of all, talk about it with the person that's being bullied. Talk about it because it's their experience. At the end of the day. It's their experience is not your experience. So talk to them about it. Try to see if you can do anything to help. If you can't if you can't, I just say keep trying because I feel like when someone notices you care for them, they're gonna open up but always encourage that person to to ask for help to ask someone to someone that can do something about the situation to help about it.

Question 18:17

How can I become a better public speaker?

Mauro Gutiérrez 18:23

Just think you're talking to someone that you really like. Imagine that you're talking to your family or someone that wouldn't judge you because most most people recognize when someone is a good public speaker, instead of making fun of thinking that or thinking they're not good at it.

Question 18:54

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

Mauro Gutiérrez 19:00

Your body is no one else's business but yours. No one should be caring about how you look or how your body shape or any other reasons concerning your physical image on if you feel like something is wrong or you actually like don't feel right about something always there's a lot of help about it. So always look for that cuz when you keep it to yourself you're not you're doing you're not doing anything but helping the problem.

Question 19:47

What, how should, how can I maintain a healthy diet during busy school days?

Mauro Gutiérrez 19:55

Maintaining a healthy diet just promote or like try to always or most of the times like eat breakfast before school. If you if your schedule is too tight and you can't do it at least try to get make some food the night before so you can bring to school for to eat lunch and after school also try to eat your food always at the same hours every day, or at least in a range of hours so that your body gets it regulated and it's, it's not asking for more sometimes and then not asking for food on other times that like, it's very, it has to be consistent. You cuz we're right now has to learn like changing bodies that they're still growing. So we have to make the best with what we have.

Question 21:02

What if I, what should I do if I'm experiencing discrimination or racism at school?

Mauro Gutiérrez 21:12

Immediately report. That is a kind like that is, yes, unacceptable. It should not exist at all. So that type of connection be reported immediately. Like there's no justification for any of those for any of those activities.

Question 21:35

Okay, what should I do if I'm struggling with my sexuality or gender identity?

Mauro Gutiérrez 21:47

Try to explore yourself like try to explore what you really like understand that no one understand that. It's your personal journey. It's your personal experience. No one can judge it. But you on that basis see what true really like, experience what you really like. And that will help you find clarity.

Question 22:23

How do I navigate social media responsibly?

Mauro Gutiérrez 22:30

Think about what you're doing is with social media in the moment and be like, is this appropriate? Like, should I be doing this? Should I be sending a hate comment right now? And think of what the repercussions of what you're doing would be, what the consequences of your actions are. If there's actually a big consequence, well, a big bad consequence about what you just did or what you're thinking of doing, then just don't do it because it's not worth it.

Question 22:58

And then, what if I'm experiencing peer pressure to cheat?

Mauro Gutiérrez 23:15

To chee in school, right? Don't feel scared to just say no if you don't wanna. Well, you shouldn't cheat, first of all. And don't be afraid to say no to your friends. Like your work is your work and whatever you're putting into it, it's gonna show. So if you think or if you feel like your work isn't being validated enough if you cheat, then make that feeling hurt.

Question 24:02

How can I improve my relationships with my siblings?

Mauro Gutiérrez 24:08

Talk to them. I feel like most relationships that are not, that maybe don't feel like they're at their best moment are most like the reason that they feel like that is mostly because of lack of communication. Talk to them about it, see what they feel about you, how you feel about them, and get, and try to find a way to, to be a piece for that, where you go to be a piece with what your situation is right now.

Question 24:54

I guess you don't know how to answer. You can try. How can I prepare for the transition to college life?

Mauro Gutiérrez 25:00

I don't know, maybe. Well, maybe cuz I'm I'm in I have a college course so I'm going to USD to get a class. So maybe like be prepared for independent work for you to take care of what of what you're doing. Don't keep expecting teachers to do stuff for you because college is about you and you're the one that's responsible for we're doing a good. Job adding.

Question 25:41

Eh what should I do if I'm dealing with a difficult breakup?

Mauro Gutiérrez 25:57

If you're going through a typical breakup, I feel like just feel promotion right now. Feel that sadness, feel that sense of missing them. Cuz the good thing about feeling everything in the moment is that you're not gonna then you're not gonna feel it after. Express what you feel, talk to people about it so that way you can have a healthy, I help the healing process from that relationship.

Mauro Gutiérrez 26:45

Also, don't try to forget about what happen. Just try to live within cuz there's no sense in trying to forget something. It's just like we have to learn to just label what we have.

Question 27:08

How can I develop strong leadership skills?

Mauro Gutiérrez 27:17

Finding yourself what you're strong at. Find your strength and use those strengths and express them to show what you're, that you're good at that. So that way people that are maybe not the best at that at those activities or at those, at those qualities, we'll feel drawn to ask you about them or to follow you when those, when they come coming. Use.

Question 28:01

What should I do if I'm dealing with a difficult teacher in college or in high school?

Mauro Gutiérrez 28:10

I feel like, try to study or try to ask first any student. No, I think first would be asking teacher to ask the teacher if you're, if you don't like their teaching method, ask them to maybe help you with any big questions you have about the class. Maybe stay after class and ask them about a recap about the Arika about the class. If that doesn't work as students to see what there experience with the teachers is what their experience with the teacher is. If it's your if it's just your experience, maybe you also try to open yourself for like what the teacher is teaching and how they're teaching. If it's more than you or it if you're concerned is growing about your learning, how your learning has been affected by the teacher always talk about it with any here that member.

Question 29:30

What should I do if I'm feeling homesick?

Mauro Gutiérrez 29:34

I'm sick like, oh, try to I don't know try to go out not every day, but maybe use the weekends to get some time for yourself get some time out of there that can help you create that balance you.

Question 29:38

If you were in college, what should you do if you're feeling homesick?

Mauro Gutiérrez 30:07

Need of home and like other places, strong problem solving skills.

Question 30:26

How can I develop strong problem solving skills?

Mauro Gutiérrez 30:38

First of all, analyze the whole context of the problem don't just focus on the beginning other column cuz then you're not gonna be able to continue. If you put all your energy into the beginning other column you're not gonna be able to use solve that throughout the whole problem.

Mauro Gutiérrez 30:55

So first of all take out a whole view and analyze what the problem is or what you're gonna do. And that way you can act about it see the see all the consequences whether they're good or bad that would come from what your actions are and from that continue.

Question 31:13

Okay, how do I handle conflicts with the group project?

Mauro Gutiérrez 31:21

Make sure to always be open to others other peoples opinions, but not but also to make sure that your opinions being is being heard.

Question 31:38

Okay, how can I build a strong resume for College Applications?

Mauro Gutiérrez 31:51

Be honest with what you're gonna put in your college, you college applications cuz I feel like it's noticeable when someone's exaggerating over when someone's talking about something that didn't really happen. Also try and use your time to create experience or create join clubs or get a job or whatever that would help you in that. Like with the college applications.

Question 32:45

What's the best way to prepare for s test? Like the sat or the act?

Mauro Gutiérrez 32:54

I feel like the best way one right now we're already kind of late, but I feel like don't try to get the best for the first time, maybe take it for the first time without studying, see what you got, see your results. And from that, see what you need studying it, see what, what you're, see what you're struggling in. So that would what you're struggling it in. That way, the second time you take them, you can focus on that study and, and, and really make that score what you really want it to be.

Question 33:46

How can I find scholarships or financial aid for college?

Mauro Gutiérrez 33:53

There's this website called fast web. My school recommended it to us. It's really good for scholarships and financial aid.

Question 34:02

Easy.

Mauro Gutiérrez 34:07

Most colleges provide the, well, the requirements for that, for financial aid.

Question 34:25

How can I overcome Rider's block?

Mauro Gutiérrez 34:30

Writer's block? I don't know. I've never had writer's block. Well, maybe right now with the college. I see, but or, well, maybe for the college jet or for, maybe for any college, like think about an idea that you wanna talk about. Think about what's the main, it maybe not the main idea that you wanna talk about, but something that you would like to talk about and start with that, start writing down. And from that, I think most of your ideas and most of the structure of DSA will come to you over the time that you're writing and thinking about it.

Question 35:23

How can I build a healthy social life?

Mauro Gutiérrez 35:27

Create those boundaries, see and analyze who are friends that care for you are, who the friends that you would trust them with a secret are, and try to give your energy to them and not to not to share your energy to people that instead of helping you are hurting you.

Question 35:54

What should I do if I'm being cyber bullied?

Mauro Gutiérrez 35:58

If you're being celebrably, if it's someone that definitely like I ask for help. And if it's not someone that it's just for online, whoever it is, I don't ever feel like afraid to click the block button first. And if it keeps happening, report or maybe get a new account are your mental health is worth more than the, I don't know, 500 followers the app or whatever like this. It's better just to get away from that then just keep being there.

Question 36:50

How can I stay motivated to complete all my assignments?

Mauro Gutiérrez 36:58

I personally stay motivated by like seeing the importance that assignments have seeing what they really matter and what they're for. We're not just doing homework cuz the teacher wants us to do homework. We're doing homework because we're trying to get a good grade so we can get into a good colleges. Like everything contributes to a bigger thing and try to know that try to acknowledge that everything is just everything is, nothing is just there for just because everything's there for a reason.

Question 37:43

Oh, how do I choose the right college?

Mauro Gutiérrez 37:51

College visits, look it up online like kill surveys them may may specialize in that like see what you would like what your personal environment should look like or what you would like it to look and see if any college applies to that.

Question 38:24

How can I develop a strong professional network?

Mauro Gutiérrez 38:31

Try to, if you can more, if you can, try to focus yourself in the area you wanna study or the area you wanna specialize yourself in. Like try to get jobs that are related to that. If you can't, any of experience, it's good experience. So always try to do your best in any job you have. But that way that would open doors for you. And in the future, see what your community needs and help on that.

Question 39:04

How can I make a positive impact on my community?

Mauro Gutiérrez 39:17

Don't I feel like that would be like that instant, like finding something that my community needs by finding something that my community might want and then work on it.

Question 39:40

What should I do if I'm experiencing burnout? Like, I don't wanna do it anymore.

Mauro Gutiérrez 39:49

Think of what you're doing if you really it, what's causing you burnout? Do you really like it? Do you like it enough to feel that burnout? Is it important enough to feel that burnout? And if it's not, take some time. It's like, it's, it's never bad to just take some time from whatever situation is happening.

Question 40:22

What do I do if a friend comes to me with something like super bad mental health problems? Should, what should I do with that information?

Mauro Gutiérrez 40:30

Always recommend them to ask help. And, and if you feel like their life is at risk, you get the help from them or try to at least, time, like time management, eh?

Question 41:00

What should I do to keep a healthy romantic relationship?

Mauro Gutiérrez 41:11

Give your, give each other some time. A romantic relationship doesn't mean that you have to be with them all day. Doesn't mean that you have to be together all day, that you have to do everything together, but find that balance of time. And cuz I feel like giving the other person that time for themselves shows you that you value, would show you that you value what they're doing. Just and I choose shift.

Question 41:49

How do I deal with financial stress?

Mauro Gutiérrez 41:58

Financial sure. Maybe like, oh, I don't know maybe, organize make a list of what what really like if you're if you're in fun financial, if you're having financial stress like problems that means you're probably going through a financial problem should like going through it. Maybe try to see what that money that what that money is going to or how is it like, how are you spending it and like taking that to consideration, find what you really need. I'm not gonna say what you want and what you need cuz I feel like it is more like what you need and what you really need. So it's more like try to understand what you really need and maybe focus on that before what you need.

Question 43:37

I, how can I improve my vocabulary?

Mauro Gutiérrez 43:50

Reading, try to read, try to like and not just to read, but try to focus on what you're reading and on, try to understand what you're reading.

Question 44:08

Okay, what should I do if I'm struggling with a learning disability?

Mauro Gutiérrez 44:15

Learning disability, investigate about what you're learning disability how it works. Find out like what, what's difficult for people with your disability. And let your teachers and any other person that, well, let your friends, your teachers and your family know about it so that way they can work on it with you to, so you don't have to go through it alone.

Question 44:56

What if I'm dealing with a conflict with a college roommate? What should I do?

Mauro Gutiérrez 45:03

College roommate, I don't know, maybe just go to the person in charge of that of the like College Store.

Question 45:14

Okay.

Mauro Gutiérrez 45:15

The only person that would all like could well first of all talk about it with the roommate. If it doesn't work, go with someone that can do something about.

Question 45:35

Is there anything that you've had to ask for help for?

Mauro Gutiérrez 45:42

From first year, I feel like for some different subjects I always like to ask for help even it's if it's like a minimum, like the dominance question or whatever always I always shout out to help cuz I don't like keeping any questions to myself or like any, any advice from any friend like if I'm feeling sad that day, if I'm feeling like oh, I don't know like something off that day like just ask or even a teacher like, oh, can I just step out of the customer for 5 minutes? I just I'm not feeling well today. Like all those questions, all that asking for help, which is it helps you do better.

Question 46:47

All right. Is there anything else you want to talk about?

Mauro Gutiérrez 46:56

And I don't know, I don't think so.

Question 47:03

Or any other.

Mauro Gutiérrez 47:04

Just well, maybe like maybe the the basis for it all of or for most of these problems to solve them or to get a, to get for help from them is communication. And not only not only communication with others, but also communication with yourself, like to think about it and have like in have a thought process about it.