

Reagan Ericson : All data (meetings)

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Keywords

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Transcript

Question:

Okay, so I'm just gonna be asking you a bunch of simple questions and they're gonna be really like mellow. They're not, don't overthink them, don't think they have to answer in a certain way.

Reagan Ericson:

Okay.

Question:

Just give me real info. Okay, what's your favorite way to spend a weekend?

Reagan Ericson

My favorite way to spend a weekend is probably with my family and friends and just like go to the beach, maybe serve my brother and my dad and I like to play soccer on the beach. Right now, though, I'm working a lot for college, but if I got to pick, that's what I go to, definitely to remodel.

Question:

Awesome would you say your dad is like a role model to you? Do you love your dad a lot? That's good. This one's kind of random, but do you prefer coffee or tea?

Reagan Ericson:

Coffee in the morning and then tea before I go to bed.

Question:

Awesome. What's the last book you read if you've read a book recently?

Reagan Ericson:

The last book I read, it was I forgot the name of it. My friend gave it to me. It was it was about like this girl. It was about like an actress in LA. It was just like a fun book. She use the same author that is like Junior B.

Question :

Okay, okay, what was your all time favorite movie?

Reagan Ericson :

Jones or something like that. I know.

Reagan Ericson:

Harry Potter probably.

Question:

Which one?

Reagan Ericson:

No, the fourth one.

Question 01:40

Okay, cool. Are you an early bird or night owl?

Reagan Ericson 01:45

And I know.

Question 01:48

Do you enjoy cooking or prefer eating out and why?

Reagan Ericson 01:54

I prefer cooking just cuz I think it's like a little healthier. And I work in restaurants grossing me out.

Question 02:01

Which restaurant do you work at?

Reagan Ericson 02:01

So I work at a sushi restaurant like on the one on one. Maybe I shouldn't put the closest me out.

Question 02:12

It's okay.

Reagan Ericson 02:14

Yes, I don't visit Hawaii.

Question 02:17

What's a place you've always wanted to visit and why?

Reagan Ericson 02:22

Just think it's really pretty. Do you find go backpacking or something there.

Question 02:26

It's really pretty. I've been definitely go to Oahu. It's the best island, I think.

Reagan Ericson 02:32

Next.

Question 02:36

What's your favorite childhood memory?

Reagan Ericson 02:42

My favorite childhood memory, probably something new with soccer. I played soccer growing up. So probably just like I like the tournaments and then like my brother having them same time was fun.

Question 02:53

Okay, cool if you could have any superpower, what would it be and why?

Reagan Ericson 03:05

I think you lost connect or action for a second. Okay.

Question 03:14

Can we?

Reagan Ericson 03:17

Okay. I think it's back to norm. My mic should be on. Okay. I would say, next question.

Question 03:24

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

Reagan Ericson 03:29

I could have any superpower. Maybe like feed world hunger or fly gonna multiply.

Question 03:37

Why would you wanna fly?

Reagan Ericson 03:40

I think it'd be cool. You could just like travel wherever and I don't know, miss traffic, I don't know, kind of just go explore stuff that no one's like, seeing yet. And.

Question 03:54

Do you have any hidden talents?

Reagan Ericson 04:00

Not really. I'm good at math, so I'm trying to become an engineer. Can hold a lot of waters on the tree. That's about it.

Question 04:11

What's awesome what's the best gift you've ever received?

Reagan Ericson 04:18

And the best gift I've ever received probably.

Reagan Ericson 04:32

The other day, my manager gave me this, like, ring that she got. I don't have it on or not, that she got from Korea. It's really cool. But it was like, be good luck for when I go to college. That was a pretty cool gift.

Question 04:44

So are you just recently now college?

Reagan Ericson 04:49

I'm leaving like 2 weeks.

Question 04:51

Where are you going?

Reagan Ericson 04:52

Cow Poly, send this first book.

Question 04:55

Oh, awesome. My best friend goes there.

Reagan Ericson 04:58

Really?

Question 04:58

It's a really good school.

Reagan Ericson 04:59

Only we're gotten for agricultural engineering.

Question 04:59

You're going there for engineering.

Reagan Ericson 05:04

I'm switching my major in mechanical, but checks the really what's your name?

Question 05:08

That's so cool. You need a friend. My friend's a senior there and she's really nice. Katie.

Reagan Ericson 05:20

Give me I'm not another girl in the same team like couple weeks ago.

Question 05:22

Katie Ferris. She's on the swim team, so she's an athlete. Cool.

Reagan Ericson 05:30

Her name is Brook. I know she knows it or her, but I think it's sophomore.

Question 05:35

Is she gonna be a freshman? She probably knows her then, I'm guessing. I don't know what anyone on Katie's team, but I know that she goes.

Reagan Ericson 05:48

Let's go probably like older music, probably maybe like R&B or something.

Question 05:54

What's your favorite type of music?

Reagan Ericson 06:06

I don't really know, but probably Rnb.

Question 06:11

Okay, what's your go to comfort food?

Reagan Ericson 06:18

Ice cream.

Question 06:23

Is there a reason it's ice cream or do you just like ice?

Reagan Ericson 06:27

I just like ice cream or my someone makes really good Persian food, so probably that she makes like this one dish where it's like, it's not like this rice with berries in it and saffron. That's really good too.

Question 06:43

Do you believe in any superstitions?

Reagan Ericson 06:48

A little bit. A lot of people that I work with are Korean, so they're very superstitious and I've been working there for like a year. So a little bit. It keep like a lemon in my purse, like can change we've always wanna try probably boxing.

Question 07:02

Funny. Okay. What's a hobby you've always wanted to try?

Question 07:17

Same. I've always wanna buy okay.

Reagan Ericson 07:19

Really? That's cool.

Question 07:27

Are you more introverted or extroverted? What do you say?

Reagan Ericson 07:31

I think I'm like a extroverted introvert, so I think definitely more introverted, but I still like to go out actually one step, summer and then fall.

Question 07:39

Cool. Do you have a favorite season?

Reagan Ericson 07:48

I think.

Question 07:54

What's your most used app on your phone?

Reagan Ericson 07:59

My most used app is probably Snapchat, just because that's how I talk to my friends and stuff.

Question 08:06

I would say same and TikTok. I feel like those two go together.

Reagan Ericson 08:10

I deleted TikTok. I went on it too much.

Question 08:13

So good of you. I did not are you a root morning routine person? And if you are, what is your morning routine look like?

Reagan Ericson 08:25

I'm not really warning routine person. I try to, but my warning routine is basically just like wake up, wash my face, eat some breakfast with my family. I have like three younger siblings so it's pretty like chaotic in my house in the mornings. And then do my makeup, get dressed and then I try not to look at my phone when I wake up. Does always happen. But then if I don't, then I'll like check my messages, he try to reply to them, then go to school or work I like to run.

Question 08:55

Okay what's your favorite way to exercise?

Reagan Ericson 09:06

I do like cross country, like all four years high school, but I'm kind of taking a break from it before college, but definitely running.

Question 09:18

Did you play other thing or other sports? Did you play soccer in high school?

Reagan Ericson 09:22

I did. I stopped playing competitively around my freshman year just cuz I think I'm too small to like actually playing college for it, or like a scholarship, but I still played all of high school and then I also ran track.

Question 09:37

Cool what's a skill you'd like to learn in the future.

Reagan Ericson 09:46

I still I like to learn. I want to be an engineer, so but I wanna learn cat, I think. And then maybe while I'm going to school, use it to start little business or something big AI, I'm thinking.

Question 10:00

Cool. So fun fact, with this whole program, you actually can put on your resume that you help to train an AI. You can put AI experience on your resume you have that what's the most interesting place you've ever been to?

Reagan Ericson 10:16

Best, the most interesting place. I go to Rosarito a lot with my family and it's really fun. Like my someone's dad has a condo right on the beach. I think that's really cool. And just like it's the most cool different culture I've been around. So I think that's probably the most interesting place I go with my cousins and stuff.

Question 10:43

I want to, no, I was just saying I went to Kabo this summer and I love Mexico.

Reagan Ericson 10:45

How would you say it's fun personal goal think.

Question 10:50

Really pretty. Oh, oh, okay. I'm trying to make these questions interesting. They're just so boring. But it's like simple. It's just trying to name what's a goal you're currently working towards, despite engineering and like college and all that? Like a personal goal?

Reagan Ericson 11:22

I think a personal goal that I'm working towards would be to just, when I go to way to college, should just make sure I keep the connections with my family. And I think that's important to me is maintaining my relationships with friends and family.

Question 11:38

Hum. Okay. Do you enjoy watching sports? And if you do watch sports, do you enjoy watching?

Reagan Ericson 11:50

I can enjoy watching sports. If I am gonna watch something is probably like the soccer like World Cup. It's probably the only time actually sit down and plan to watch sports. But if something's on, I'll watch soccer over other sports.

Question 12:06

Okay are you a planner or you a spontaneous person? Do you like to plan ahead or do you like to just do?

Reagan Ericson 12:19

I think I like to plan just like I have a better idea of things. I'm a planner.

Question 12:26

Okay, cool. What's your favorite type of art or artistic style, if you have one? Like.

Reagan Ericson 12:37

I just went to like this past month, we go every year for my cousin's birthday to like a museum. We went to Mr Brainwash in LA that is really cool because I've never seen anything like it. He tells the artist what he wants to make. So he's something like making the art and he has this whole business around other people making art from him. But he name of it, I know this is my favorite type of art, but I thought it was really cool and I liked all the stuff that he had at the museum. Cuz he's used like other like artist paintings that and just kind of made it more interactive. She found really cool.

Question 13:13

That's cool. What's the best piece of advice you've ever received and what advice was it, and who gave you that advice?

Reagan Ericson 13:29

How bad is he? Just has a really good worth work ethic. I don't know if it's just like piece of advice, but he just always keep working towards your goals and just you'll find a way to do things as long as like.

Reagan Ericson 14:10

I think we lost connection do you hear what I was saying?

Question 14:13

No. Are you like it says your connection is poor, but it might be mine, but it's fine now.

Reagan Ericson 14:13

No? Oh, sometimes my Wi-Fi I'm gonna put on my phone hotspot really quick and see if it changes.

Question 14:28

But it was thing yours.

Reagan Ericson 14:29

If it does it again, I'll change it but my phone hotspot doesn't is great either oh, for it was greatest piece of advice oh, just to work hard and have a good work ethic and kind of always has something going for you even if it's not like what you want to be doing as long as it's like helping you reach your goal in a way and to definitely just like put yourself out, there and talk to people because you don't really know someone like of different opportunities and stuff.

Question 14:35

Your dad is like, hum.

Reagan Ericson 15:00

If you don't talk to people and get to know them, kind of.

Question 15:07

Are you a fan of podcasts?

Reagan Ericson 15:12

I like to listen to funnier ones when I'm in the shower or something, or if I just don't wanna be going on my phone, but not really anything that.

Question 15:23

What's a movie that you can watch over and over again?

Reagan Ericson 15:28

I watch. The Harry Potter series. My little brother, he's like reading it right now. And so we definitely, anytime it's like a rainy day or something or I'm babysitting, and if I don't wanna watch YouTube, that's what we watch.

Question 15:40

Do you watch during a Hurricane or.

Reagan Ericson 15:44

Before it started, we watched one, but not like during it, right?

Question 15:49

All me and my friends did during the Hurricane was watch movies for, like six hours. You're all just inside.

Reagan Ericson 15:55

That's fine.

Question 16:00

See what's a place you consider your happy place.

Reagan Ericson 16:08

Probably the beach. My family likes to go to the beach a lot. We all. We all. I try to surf. The rest of my family is pretty good at it. A little sister still learning. But even Luke, he's like 8, he's really good at it. So probably just the beach.

Question 16:24

Oh, what's the most beautiful nature site you've ever seen?

Reagan Ericson 16:28

I went to have a cpai freshman year of high school. That was really cool. You like high click 10 miles in the Grand Canyon, there's like a bunch of waterfalls. It's really cool.

Question 16:41

Swim. Do you prefer texting or calling on the phone?

Reagan Ericson 16:47

Texting to make plans. But if you're just trying to talk really quick or just in between things, I like to call just the people in close to.

Question 17:00

What's your favorite way to relax after a long day?

Reagan Ericson 17:07

I actually want runs with my dad at night if I can get him to go or my brother. I think that's kind of, I think it's fun or I also like to just base it and we talk a lot and like eat hurt leftover portion food. Probably in my kitchen.

Question 17:25

What's a TV show you're currently watching or one that you've really liked before?

Reagan Ericson 17:31

Are we watching Ted Lasso right now? So don't we have anything? I don't watch TV that much, but I like to put it on. I'm like doing homeworking stuff.

Question 17:40

What is that about?

Reagan Ericson 17:42

It's about assign team. It's they're like in England and the coaches from the US, but he's never coached soccer before. But it's kind of just like a fun comedy.

Question 17:55

Cool. Are you, I guess I already asked you this, but are you a morning person or a night person? Would you say night? Cuz you said night.

Reagan Ericson 18:05

A person.

Question 18:05

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

Reagan Ericson 18:13

Last thing I do is I brush my teeth. Cuz I like to like e snacks and stuff late. So always have to make the last thing, I.

Question 18:24

What's a childhood dream that you still have now that you had when you were a kid?

Reagan Ericson 18:39

I did always want to run a Marathon. I did do that though I so I did that.

Question 18:43

You have brand one, like a full one girl?

Reagan Ericson 18:51

That's why I'm kind of taking a break from running just cuz, it's either 24 or 26.

Question 18:53

Gosh, that's actually insane. How many miles is that? Like 24?

Reagan Ericson 19:02

I try not to think about it too much cuz I just trained up to 20 and then just did it. Right that I like to run.

Question 19:09

I was like a half Marathon, and that was even a lot for me. And I was like, I can't do this. Like a whole.

Reagan Ericson 19:15

Oh, that's cool.

Question 19:16

It's insane.

Reagan Ericson 19:16

I just kind of went for it cuz my friend and I like, we're, we've run cross country so only so far could run.

Question 19:18

Well.

Reagan Ericson 19:24

So we ran a half Marathon and we, I wanted to do the full thing. She's trained to go into the army, so she didn't do it with me. Wait me, like to go out with my friends and really, I like to dance.

Question 19:34

Oh, my gosh. That's cool, though. That's definitely something that you could say you did and like, that's wow. No, not me. I cannot do that do you like to dance, even if it's just alone in your room?

Reagan Ericson 19:56

I think it's fun.

Question 19:59

A. Do you have a favorite historical period? And if you do, what is it and why? Like.

Reagan Ericson 20:11

I always thought just after watching The Stranger Things like the 80s and 70s just seem fun. I don't know being a woman it'd be fun in that time but I think it just seems like the most fun that like before cars and cell phones but they're still like, I don't know a fair amount of technology and think it just seem like a fun time to grow up. And, I used to be that friend.

Question 20:30

I think it's cool, like thinking about just bike retting your friends and then like all bike retting and like just having you show up at people's houses, if you wanna see them. Think you have an e bike?

Reagan Ericson 20:40

I'd I would bike everywhere but I'd be the only one until ebikes. No, I would just bike or hold on to the back of my friends Eli.

Question 20:47

Oh, are you a collector of anything?

Reagan Ericson 21:05

I collect shells. I keep him in like this big jar. I'm probably gonna give it to my little sister before I go to college, cuz she asked me for it.

Question 21:17

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

Reagan Ericson 21:25

I like when my little sister wakes up in the morning to braid her hair, or like 2 days ago, showing me to pull her tooth out. Definitely wasn't ready, but I think it's fun. She like commonly she is six, but.

Question 21:36

Older shoe. Oh, that's so cute. I have a seven year old sister, so I get you what you're saying. It's my half sibling, but it's still like cool. Do you prefer mountains, forests or oceans?

Reagan Ericson 21:56

Probably I like mountains because like snowboarding, but they're also like the ocean.

Question 22:04

What's your favorite form of self care?

Reagan Ericson 22:11

My hair probably, I have a lot of hair, so probably just trying to tame it. It's the what I spend the most time on.

Question 22:22

Are you more of an optimist or realist?

Reagan Ericson 22:28

I think an optimist, hey like to plan. I like, I don't know, when I make plans, I leave a lot of stuff up to chance, I think.

Question 22:41

Would you say you're optimistic? Like, are there any times that you've been like you've been around someone who's more pessimistic and you're, you kind of bring out more optimistic side like something like that, like a story where someone's being negative and you're like, you know.

Reagan Ericson 23:01

I think my set mom, she's trying to get, she's had two kids, but she was trying to kind of get back in the workforce, move. She doesn't really have a lot of her work experience. She was like waitress growing up and stuff, but she was really discouraged trying to like find a job. And I think I kind of just keep putting yourself out there and so was my dad. I wasn't the only one. But she did it and I think she's kind of need that motivation and she got a job. She starts like think September 5th can I listen to Upside Down by Jack Johnson, my homework playlist?

Question 23:30

Okay, cool. What's the last song you listen to?

Question 23:48

That's a good song. Fine. Let's see. Do you enjoy tending parties or social gatherings?

Reagan Ericson 24:03

Yes, but not too many like to kind of even it out. But I do like to think it's fine.

Question 24:11

What's one that you've been to recently that you had a good time at?

Reagan Ericson 24:16

I was my friends to stampede and I thought that was fun.

Question 24:19

What is that like?

Reagan Ericson 24:21

It's a it's like a country dancing thing. I'm not really into country at all but I'm kind of trying to cuz I heard it's like a big thing at slow, but take line dancing and stuff.

Question 24:33

Definitely if you're in slow, you should definitely go to Perfume O. It's like this cool mountain. Like it's right by campus. You have to drive there, obviously, but it's like you go all the way up a mountain and then you nurse these hills and you can watch the sunset. And it's like a whole like landscape, open area and there's cows. It's super cool, really pretty area.

Reagan Ericson 24:56

That's cool. I heard they have like a lot of that. Cuz I was thinking of doing agriculture and it's all just in. It's like the biggest campus, right?

Question 25:07

Hum.

Reagan Ericson 25:08

I don't know. But that's cool.

Question 25:12

Okay. What's your favorite thing about the summer?

Reagan Ericson 25:21

Probably like the free time to go and do stuff with friends and go to the beach.

Question 25:26

Okay do you have any favorite inspirational clothes?

Reagan Ericson 25:43

Not really.

Question 25:50

Besides Harry Potter, what's a movie you're looking forward to watching?

Reagan Ericson 25:55

Honestly, Oppenheimer, I haven't seen it yet. Or another movie I'm looking forward to watching. I just made a big list of funny movies I need to watch before I need to call leave to college. One is role models. It's like, eh, like a bunch of funny ones. Tropic Thunder Knocked Up the Heartbreak Kids, just like old funny movies that might have, really I feel like I like that with books, but I don't know, not with like movies.

Question 26:22

I love movies. I feel like I'm more of like a, I don't know, I like movies that make me feel something or like cry. I don't know why that just love like a good movie that makes you feel, I'm like, they did a good job. Like they're acting. It's good. I don't know, I just think it's fun.

Reagan Ericson 26:42

I like to feel happy, have be like a fun thing. Okay, I think that's good too.

Question 26:47

I mean, I don't know, maybe something's wrong with me, but I love, I love the notebook.

Reagan Ericson 26:52

But oh I just watched that.

Question 26:55

That's like one of my favorite movies. It's so good.

Reagan Ericson 27:00

Let's go.

Question 27:01

It's so good and it's so sad. It's like, oh my God, okay, that's fun, you know, do you enjoy puzzles?

Reagan Ericson 27:14

Not really.

Question 27:15

It's okay. Me neither.

Reagan Ericson 27:18

When the, rain and then it please talk with friends more during like the summer.

Question 27:22

What's your favorite way to stay active? Running.

Reagan Ericson 27:33

We go to the library parking lot and just like, sorry, my three favorite memories is probably cross country when we went to state.

Question 27:39

Speaking of high school, you just graduated high school, right? What were your, like, 3 favorite memories from high school?

Reagan Ericson 27:51

We're like the first girls team to ever do it. It was just, it was a really fun experience. And we all got to go on a bus, insane hotel. I think just like actually qualifying. We didn't think we're going to. And then this one girl on a team who normally wasn't like getting those times, like she did really well and we were able to go. So that was, it was really fun after that cuz I was like, return to Linda. And then another favorite memory. I really liked my senior English class. I just that teacher I took like a normal English class. Cuz I want to like have it been easy thing? Definitely. I don't know if it's what I got from this teacher, but I think it was just, it was like a really fun experience with everyone in the class, someone was involved. And I think after Covid, my school kind of lost that. And then another fun experience would be soccer. I didn't really to like the way my coach like top, I think the girls the season and we just have really good community and we do a lot of stuff like outside. I think that was another fun experience.

Question 28:59

What about any dances that you're like from.

Reagan Ericson 29:03

Prom was fun. It was kind of a lot of drama. We went with like two friend groups, but I think it was fun. And my friend got broken up with. It was like fun getting ready and stuff for it. But it I don't think it was one of my favorite memories.

Question 29:14

There's always something that happen during prom. It's just some, like someone, someone, some couples fighting, someone's not happy, like someone's breaking up. It's like this whole. I remember that.

Reagan Ericson 29:26

We just want this one group that was just, oh, they're like wouldn't leave on the time with a plan, which was fun. But we're like really stuff to do after prom. It was really fun. And I was just, I was a lot of money and a lot of stress at the same time though.

Question 29:43

What's a goal you've achieved that you're proud of?

Reagan Ericson 29:47

A goal I've achieved, I think getting into school like s going to college like my first year, I think is something I like worked a lot towards. And like not going to community, I think that was probably something that I normally do. I think I worked a lot to save money just to be able to make it happen. I think the most part of that goal.

Question 30:10

Awesome. Do you like to cook or bake more?

Reagan Ericson 30:15

I like to bake. I did a lot more during Covid I like it to make a glamin bars.

Question 30:17

Will you? I think you ended.

Reagan Ericson 30:22

Where'd you say.

Question 30:24

I think everyone did like drink Covid.

Reagan Ericson 30:27

But other than that, I don't do much or they have. Did you make like the Toll House like chocolate chip cookie recipe. Not the Toll House, the the Hilton one and I like made that during Covid.

Question 30:38

No.

Reagan Ericson 30:39

That's like the one I like will still make sometimes.

Question 30:42

What is that?

Reagan Ericson 30:44

It's like the cookies give you at the hotel. Apparently if you stay there, they're really good though. They're like it's you like chop up almonds really thinly which normally don't like that.

Question 30:54

Oh, yes, I know you're talking about. So you can make those, what's a random fact that not many people know about you?

Reagan Ericson 31:14

I mean, hi. When we have like pen pals in England, my family so like I like got to go freshman year just because of root my it was like my great grandma accidentally sent a letter and so my whole family has like pen pals was just like friends in England.

Question 31:38

Is that like writing thing? Oh, that's cool, do you prefer digital books or physical books?

Reagan Ericson 31:52

Physical books. I will I have like a Kindle app on my phone if I'm really bored, but I if I try to read on my phone, then I just get distracted. So definitely physical look, sunny, just have it be sunny, blue skies, just like a fun nice day that just makes you wanna kind of go outside.

Question 32:16

What's your favorite type of weather?

Question 32:31

What's your favorite spot in your city or town are? You're from San Diego, right? Like you live here?

Reagan Ericson 32:38

I think it's like a look at right by Swami's. But it's really fun to go. And then I'm just like hanging out with friends or just to park there and to walk down to the beach. Cuz it's hard to get there from cuz there's like a railroad, this like a little underpass. But I think there's fun.

Question 32:55

I've never been to swamis, but I've heard about it. Is it cool?

Reagan Ericson 32:59

It's really cool. There's a lot of seaweed there right now though, like the beach. But just like that overlook is really pretty and like the palm trees and the tiktoes, but definitely go.

Question 33:10

Cool.

Reagan Ericson 33:10

It's.

Question 33:12

I always go to LA Hoya beaches. Like I don't know, I Sunset Cliffs or no, I've been there, but I have never jumped cuz I'm too scared.

Reagan Ericson 33:15

Oh, do you have you done like the LA Hoya Cove where you like Jump Off I think.

Question 33:28

But I've just heard of horror stories like if you just jump the wrong way or if you hit a rock or, I don't know, I don't wanna just.

Reagan Ericson 33:29

And right, I was company, small, fun.

Question 33:42

Do you enjoy traveling alone or with company? Would you wanna travel alone sometime? Like try it out?

Reagan Ericson 33:54

I thought about it, but I don't know if I trust myself that much. I think I would have to do a lot of planning. And what I wanna do is like go backpack or something, which I don't think is that safe to do alone. So just for safety reasons, really, really.

Question 34:07

I had never been out of the country before, but I decided to go to Europe this summer alone. No one. And it was actually is so awesome. It was actually like my favorite experiences I've ever had and I made many friends.

Reagan Ericson 34:23

Would you go?

Question 34:25

Like, I went to, well, I would recommend studying abroad because I did like a program, so I was forced to meet people. But I went to Copenhagen, like Denmark, and it was like such a random spot, but it was like one of the coolest places. There was like beaches, like no one would know

that there's beach in Denmark, but it was really pretty. Like most, some of the most beautiful sunsets I've ever seen. Awesome community, like everyone super sweet, likes everyone speaks English. And then with few of my friends that I made at the program, we booked a trip to Amsterdam for a weekend. We went to Amsterdam and then when I was coming home, I stopped in Paris and then I like saw the Eiffel Tower and everything and I was literally outside the Eiffel Tower with an umbrella by myself. It was pouring rain and I was just like, what am I doing? But it's just like it was really fun.

Reagan Ericson 35:15

At school.

Question 35:17

Definitely recommend traveling alone if you've never done it because it definitely teaches you a lot of stuff about yourself that I don't think I can think. It just, it made me more like willing to do stuff by myself, which I've never been. Like, I'm always that person that needs to be around people. Like I'm super extroverted. But for that it was just like not, you get to a point in your college career where you're like, I'm too dependent on others and I need to do this.

Reagan Ericson 35:40

That's cool. I would not, like, I think I would be scared to do that. Like, how do you get yourself to just, like, go do that?

Question 35:54

Like it's just kind of a thing that I hit me and I was like, I'm just really dependent on people and my friends. And I'm like, once you graduate college, you have to realize that you're on your own now and you might have to move somewhere alone. And I think just traveling alone is a, it's a good step in the right direction for me.

Question 36:13

I'm thinking about where I'm gonna go after college. I have no idea. I wanna get a good job, but I don't know where that's gonna be. I don't know what the future entails for me I might as well, like, travel alone, see if I can just do it and be happy by myself. And like, by the time I'm ready to get a job and settle down somewhere, at least I know that I could do it by myself and be okay.

Reagan Ericson 36:37

That's really cool. Definitely something I might think about. Do you go to UCSD?

Question 36:43

No, I go to SCSU.

Reagan Ericson 36:46

Okay, it's cool. I almost done.

Question 36:48

UCSC is right by my work. I'm actually, like, on the campus right now, technically, but what we're saying in my this year, I'm excited, but I'm also sad because college do not take it for granted cuz it's so fun.

Reagan Ericson 36:56

Oh, when you gradually. Oh, nice.

Question 37:06

Like school is definitely like a priority but like do the crazy stuff, have a fun social life like make friends do crazy stuff of cuz it's you only get one chance to do it for four years, and it's like it's over and then real life hits you and you're like oh no, I have to be an adult now. But I don't know I didn't rush a sorority but I don't know. I feel like I would have if I didn't play water polo cuz I was on the water polo team for 2 years. But I would recommend rushing and I would recommend joining because I feel like you can get so many jobs through sorority.

Reagan Ericson 37:43

Do you recommend? I was thinking not like actually joining, but just rushing to just like, I don't know, one of my roommates is doing it, the other one isn't. But really.

Question 37:57

It's actually crazy. So many girls at my school just know, like, all those sorority girls, like, we're CEOs of new companies, like, and there's just so many connections. It's crazy. And they always have career fairs and information. And like, someone told me that sororities have special tutors that know the teachers of every subject and have the test answer is for every subject.

Reagan Ericson 38:25

Oh, I have been.

Question 38:25

And what, like, let me join just for that. But I don't know what are you most excited for college?

Reagan Ericson 38:34

Yes, I think it's gonna be like a cool experience to kind of live on my own.

Question 38:36

Like about?

Reagan Ericson 38:42

It's like 5 hours away too, so I think ask me really fun and I think just like going out and just, I don't know, having fun, kind of both.

Question 38:54

Are your parents pretty chill or they like stricter?

Reagan Ericson 38:59

Like they're a little bit more strict. I think they're very, my dad's like religious and stuff, but I think they're more definitely more strict a little bit.

Question 39:12

Sorry. Excited like little freedom, what's your favorite holiday and why?

Reagan Ericson 39:16

Thank you weapon.

Reagan Ericson 39:28

Like Thanksgiving, my family like most of the time we had last year cuz we had like the cross country thing. My brother didn't want to cuz he thought he was gonna make it, but then but anyways, normally we go to Rosarito with my entire family and like stay on the beach. We, I don't like stay with my cousins and like the normal, like the condo that I saw him sad lives in. But then it's a, it's like call for those polyconos and then those gavionis and we just like rent out houses, probably like my one, my cousin Mina, her family runs one and then my family normally does. And then everyone just kind of piles them together. Which one?

Question 40:08

Fun what's a talent you wish you had?

Reagan Ericson 40:08

Thanksgiving.

Reagan Ericson 40:23

Talent I wish you had. I wish I was flexible or a little less clumsy.

Question 40:33

Okay let me think. What's like, one of your favorite memories with your little siblings?

Reagan Ericson 40:46

Memories, I think just hanging out on the house with them. Over Covid, we were just like all together all the time and we just got like a new trampoline or it's like a small one, but I think that's really fun. My little sister always after dinner, she wants to go just like champagne, trampoline, like little games. I think that's fun.

Question 41:08

Same with my little sister. We have a trampoline. We also have chickens in our backyard, really like live chickens.

Reagan Ericson 41:12

Oh, oh, careful, I'm a Libra.

Question 41:15

And they're running around and my little sister will literally grab the chicken by the head and just pick it up and shake it. I'm like, put it down. Like, got afraid of anything. We also have a bunny and she'll just like pick up their bunny and shake it. And I'm like, oh my God, like it stop. Like, it's kind of scary. But what's your sign? What's your, like, sign? And then do you think that you align with what your sign says about you?

Reagan Ericson 41:45

I'm not really industriology, but my second one kind of is and she like over it. And she think it's two things in aligns with me. I trust your judgment, but, I'm not really into that campaign. So, and probably just like younger kids like I baby, I nanny for two different families and then my younger siblings, I think just like, I don't know, just from what I've seen just like parenting grown up.

Question 41:59

Okay what's a topic you can talk about for hours? Like, what's something that you're really passionate about?

Reagan Ericson 42:27

I think I talk a lot about that with my stepmom.

Question 42:40

I'm trying to think your question. Ask you what's the skill you'd like to teach others?

Reagan Ericson 42:53

Well with my friends we, I get them to go out or go running into the gym with me and stuff. I think I'm more the friend that likes like get everyone to go do stuff. Everyone's most my friends

have just moved to college or two of them move to LA so that we found that like moved into apartment. But I think just like to go out and to make plans, be creative, I think.

Question 43:26

What brings you in a good mood? Like, what brings you to have a good mood?

Reagan Ericson 43:32

I think just like family and friends, I very sick whenever I going to work. I like my three close friends, whenever one of them is working, I think it's fun just kind of like talk to them. And, I think I would have applied for more scholarships earlier or something different.

Question 43:53

Is there anything you would do differently in your life, and what would it be?

Reagan Ericson 44:07

I don't know if I would really change much, just cuz I like where I'm at. And I feel like a lot of things I can change and do.

Question 44:16

What's the nicest compliment you've ever received and from who?

Reagan Ericson 44:22

How from the one of the families of babysit 4, I've been babysitting for like sophomore year, but she was just like, oh, she's wants me to stay. She's calls me like a part of their family. And I think just like being included in that and getting that close to another family, I think it's really nice. I don't know if it's like a compliment, but I don't know. Probably that.

Question 44:54

What advice would you give to your 10 year old self?

Reagan Ericson 45:01

Just like to put yourself out there and not, I think I was kind of a serious kid. So just like not take things as seriously.

Question 45:11

What did you love as a child that you don't anymore?

Reagan Ericson 45:23

I love this child. Probably I lived with my dad and my brother for a while, so I don't know. Things got pretty gross. So like it's because just not like Girls Voice probably it's but pretty much the

same things. Like I've always known and wanted to do something like, I don't know, or hard or cool for a career, which I'm trying to do now. And then I don't know, I think I've kind of set myself up to like be where I wanna be.

Question 46:03

2 favorite drink.

Reagan Ericson 46:07

My favorite drink a like an ice caramel market really, if I go get one later.

Question 46:13

Starbucks just launched their pumpkin spice today I was at Starbucks this morning and the line was like wrapped around the building cuz of that.

Reagan Ericson 46:27

Really?

Question 46:27

And I was like why is it so busy?

Reagan Ericson 46:29

Is it worth it?

Question 46:29

The ladies like, oh, you want this? I didn't get it cuz I when a tea because if I drink coffee super early, I get really jittery and I don't feel good.

Reagan Ericson 46:33

Oh oh, I probably go like travel broad somewhere, just like the first quarter or I think it'd be cool just like maybe to even go to school like England.

Question 46:43

I don't know cuz I don't eat a lot in the morning. Cuz I'm not really like that hungry. And when I just drink coffee like on an empty stomach, it just hurts my stomach. So I just drink tea. But in if money wasn't an issue, how would you make your life different?

Reagan Ericson 47:16

I like to when I was there. And then also I wanted to go to school in Colorado, and so I think I maybe go there. I also got whitelisted at Vanderbilt, so I think I'd maybe, I don't know if I'd

wanna go there cuz the class sizes are so small, but I think I like my school, but I would definitely just travel more. Anything.

Question 47:40

I think Apollo is a really good choice. I love being there. It's so fun. Everyone there is nice. It's like there's beach, there's forest, mountains. Like it's a gray area. And there's little downtown slow, so cute. Like it's 7.

Reagan Ericson 47:59

It's really cool.

Question 48:01

It's, what have you never done before?

Reagan Ericson 48:02

Now. As soon as I like visited, I accepted that. Like I accepted it. I went to Montana too. I was like, I'm leaving to go snowboard. But I really liked.

Reagan Ericson 48:23

It's adorable. Rings. I need you to get it to my computer. You guys have something? Okay. Okay. I'm just going to go open. Nobody said okay. Sorry. What was the question?

Question 48:36

What I forgot what have you never done before?

Reagan Ericson 48:45

What if I never done before? I've never lived on my own. That's make a really cool experience. Or another thing I've never done. I know I'm, I'm, I like to try a lot of some very adventurous person, just especially cuz my dad and my family. But I'm very open to new things. Just probably living on my own.

Question 49:14

How do you relax yourself when you're stressed?

Reagan Ericson 49:19

When like to read or I go for runs, I like listening to music and probably the runners high and just kind of just like the long runs when I am in trip to them just like having once you reach the past 2 mile point it's kind of like meditation almost and you think that's, I normally run.

Question 49:25

Feel like, what's your favorite part about running? Like the runner is high. Like listening to music.

Question 49:47

What's your mile pace like? What do you usually run?

Reagan Ericson 49:53

It honestly just really depends on how much caffeine or my music. I ran the Marathon like under 9 minute pace and the whole Marathon but that is I didn't think I was gonna be only do that but I had a lot of those gel packs so you just, my.

Question 50:01

The whole Marathon.

Question 50:14

Girl, Jeez, that's so fast. I forgot that you did cross country. But still, that's like, could not be me.

Reagan Ericson 50:27

No. Oh, I was I thought I went into it like the first half way too fast. So I was like, there's the Boston Marathon time, qualified time, and I was like, oh, I can do it. And I was on track to do it. And then I just think it was like the 17th mile, like my knee gave out.

Question 50:47

The 17th mile. That would make sense but which Marathon did you do?

Reagan Ericson 50:52

No, I heard I did the San Diego one I forgot is called.

Question 50:55

Where was it?

Reagan Ericson 51:02

The whole thing was just like kind of spur of the moment. I'm gonna.

Reagan Ericson 51:14

Well, it was a rock and roll one. Pajamas.

Question 51:18

Okay, awesome.

Reagan Ericson 51:18

It was a rock and roll Marathon.

Question 51:23

All right, well, that's basically it. I will send you an email if I need any more information, but I think we're just gonna see how much we data we need. I'm gonna put this all into a transcript and then we'll see if we need to talk more. But thank you so much. I hope slow is fun. I'll let Ping know that you join today and I will be in touch.

Reagan Ericson 51:48

Thanks so much. Good luck with last year school and everything.

Transcript

Reagan Ericson 00:00

Sally for college, obviously, Thursday morning, it's just packing couple.

Question 00:03

You when oh, exciting like are you doing again? Oh okay, perfect. So I have some new list of questions so I'm just gonna start with No. 1. How would you describe your personality in a few words?

Reagan Ericson 00:30

I think I'm very hard working and then I'm pretty energetic around like the people I'm close with. And hardworking, energetic. I think I'm pretty, I'm kind of sensitive sometimes. That's how I describe myself.

Question 00:50

Okay. What are your core values in life?

Reagan Ericson 00:56

My core values would be definitely my family and just like keeping those people around you and close friendships. And I think, and also just like doing something. I wanna like do a job where I can help people or just something meaningful. I'm not really sure that is yet, but something impactful.

Question 01:21

Awesome. What qualities you value most in a friend?

Reagan Ericson 01:31

I like someone who's loyal and then for the most part upbeat, but you can still have a serious conversation with and just like fun and caring. Cuz I, people like to go do some of me, like go

hiking and stuff like that. It's fine.

Question 01:50

Oh, what's your approach to handling conflict or difficult situations?

Reagan Ericson 02:00

To talk it out. And I think it's better to, I know a lot of people don't like to like, and I'll stir things up right away, but I think it's better just express yourself earlier instead of final things up. And just like, I don't know, just talk frequently.

Question 02:19

Okay. Are there any significant life experiences that have shaped you dramatically?

Reagan Ericson 02:30

Yes, my parents were divorced. So I was 7. And then I like stop talking to my mom. I haven't, I'm not in contact with her anymore. My brother and I like left her house. So it's like this whole thing. So that definitely shape me. And then also another thing is just my dad like a new wife and I had two younger siblings and I think that was really cool to kind of grow up with and just kind of be around them as the oldest sibling. It forward think that definitely ship to I am.

Question 03:07

Well, thank you for sharing. Sorry about that.

Reagan Ericson 03:12

Don't know worries over with. No, my favorite.

Question 03:17

What's your favorite childhood memory?

Reagan Ericson 03:29

Okay I think it would be snowboarding with my dad and brother. It was always really fun and always go to Swan Mountain Snow Valley cuz we get a bunch of tickets and he taught us both ourselves and it's always just a fun thing that we always would go and do winter.

Question 03:45

Oh, I love that can you tell me a little bit more about your family?

Reagan Ericson 03:47

Okay.

Reagan Ericson 03:56

I live with my dad and my stepmom and then my three younger siblings, two of them are like my half siblings. They're the youngest. They're 6 and eight. I feel like 3 get older so much faster than reads just turn 17. So he's going to junior. He likes to about one of lot of the same stuff as me. Like he does cross country and track. He's a little, he's really athletic. He serve skateboards, but he kind of like switches from everything he does. But he's very good at all of it.

Reagan Ericson 04:28

And then my youngest brother, Luke, that he's 8, though he does have pretty severe ADHD. But he, we, he's on like medication now, but he's very into science and all that stuff. He's definitely gonna be very smart. He's obsessed with turtles. If you look at a fridge right now, there's all of his turtle drawings and then there's like our turtle little enclosure outside or tortoises, not turtles. Sorry. He will correct me. There is a turtles but cuz our uncle, my one of 2 of my uncles like breed turtles. I don't know. It's weird. They are all into reptiles and animals and that type of stuff. Like my grandma had a monkey when she was my age. It's like their thing. But and then Esther is very energetic always.

Question 05:14

That's fun.

Reagan Ericson 05:20

I like babysit all our friends and I get to bring her with me and it's fun.

Question 05:25

Oh, I have a little sister too.

Reagan Ericson 05:26

She's really.

Question 05:29

She's 7. So understand she's my half sibling too. Kite. So situation what is your full name? Like middle, last, like everything.

Reagan Ericson 05:50

Reagan Alicia Erickson.

Question 05:53

Is there a story behind why your mom named you that?

Reagan Ericson 05:57

My middle name is Mike to my grandma's middle name and then my great grandmas name on my dad's side, though. But she was just a really great woman. She like came over here from Mazalon, I think on a boat with her like she had a bunches of wings. And so that, that's why. But she lived to be like 98.

Question 06:18

But, cool.

Reagan Ericson 06:21

So I did have relationship with her. Tell us about like 13. So that was cool experience.

Question 06:29

Can you describe your closest friend and what you admire about them?

Reagan Ericson 06:35

My closest friend is my friend Hailey. I've known her since, we've been friends close since sophomore year. But we like played soccer together until she stopped. But I really admire her resilience and she just, she's fun to be around. She has an energetic personality. And I think she's just, this past year, like her mom died and it's just been like, I don't know how she like holds it all together. So I think just like how strong she is as a person.

Question 07:06

So I've been. Any situations where you've had to kind of help her with her gray for anything like that?

Reagan Ericson 07:15

When it first happened, I don't know, Shen tell me, her boyfriend call me to let me now. And I went over there the night it happened cuz I didn't know what happened to her. They didn't know if she had been murdered or something, but it ended up being something else. And so I went over and I kind of just like, and it was just a lot of just like listening to the whole thing cuz they didn't know. It was like she's four brothers that live, it's it, she lives in Indiana. Just it was like a thing and just kind of just listening and being there for her during that time.

Question 07:47

That's nice of you. So we just consider yourself more of a listener rather than giving advice.

Reagan Ericson 07:57

Sometimes I feel like I should have to hold myself back sometimes from giving unsolicited advice. But I think when someone's going through something, I definitely and there to listen and

that's what I'm there for. I'm gonna scenario. I think, I think listen at first, which is what I try to do.

Question 08:12

What do you think you would like if you were going through something? Would you rather have someone give you a bunch of advice or just listen?

Reagan Ericson 08:24

And then I do like advice. I think it's something that I think it's helpful cuz I don't think you have to always take it personally. And I think it's good to get advice from more than one person. I think advice from one, just one person isn't that great. But if someone need to trust, I think it's good to take advice. So I have to take it but it's good to hear to her perspectives. I think.

Question 08:47

Cool. Do you believe in soulmates or lifelong friendships?

Reagan Ericson 08:56

I believe in lifelong friendships. I don't know if I believe in soulmates. I think there is 0 obviously people that you're gonna connect with more and, and better to think friendships and that type of stuff takes in a lot of time, of time and work. And I do think and like going and like finding that one person for yourself. But I don't know if it's like one person only like type of thing. I think so.

Question 09:23

Okay, now we're gonna go into more of the personal growth and self reflection questions. Have you ever had a major turning point in your life? I know you did describe your mom. You want.

Reagan Ericson 09:36

Probably that was the main thing just cuz I went to at least 10 different therapists with my brother. There was like core. I had to talk people at school and it was just like this whole thing. And the first way happened is cuz I had to like speak up. I went with my brother to talk to my 6 grade teacher and that was kind of the first thing. And my friend fortune was going to this something similar. It just happened with her dad and I like went with her lunch and we'd, we had where's like so kind of friends I talked to. She just went to art school in San Francisco. But her mom help me and my dad out a lot with the process cuz they had just been with it and kind of like, dealing with someone that isn't really a kind of Narcisse personality disorder a little bit. And I don't know actually kind of told me what to do and kind of so I went with her brother to my six year teacher. I'm actually gonna go visit her tomorrow but I go pick up her brother from school. But and that kind of started the whole process and it was a lot of just unneeded conflict. I left my first school because of her. I got kicked out, everyone. And I just, cuz the, all the drama that she got. But, I think just keep going.

Question 10:56

How do you f handle failure, setbacks?

Reagan Ericson 11:03

I try to just, I always, I think I've always been told from it's, whether it's like soccer or the job, I just stop working there. But I just had, I just work hard. I think, I think I kind of always know that I wanted to be able to support myself, cuz I, but I do, I kind of saw how my mom had to support herself when it kind of, they first got divorce.

Question 11:19

Do you think you work hard because of the setbacks, or do you think you just.

Reagan Ericson 11:37

I mean, she did get child support and all that, but just kind of like, I wanna be able to hold my own a little bit. And I think that is something that I've taken from her. And I think just put and I wanna do something that I think I have to go on it to get a degree to do that and kind of just learn from the world around before I can go and try to change and help stuff. I kind of just got to learn stuff. But.

Question 12:02

Random question, but did you dye your hair? I like it looks lighter.

Reagan Ericson 12:07

Thanks. It's really light, but I got it.

Question 12:12

I was likely. I wanted to say something that I was sure it looks good.

Reagan Ericson 12:17

Thanks.

Question 12:17

It's like change before college, I think.

Reagan Ericson 12:21

It's cuz, recently that I kind of just slow down a little bit, especially when working.

Question 12:25

Okay. What's something you've Learned about yourself recently?

Reagan Ericson 12:38

I think I'm kind of an anxious person and meet new people. So I think Lottie, a lot of the time when I go up to new tables, I just kind of need to slow down and just kind of look at. S look at other people and be more interested in them instead of worried about how I present myself. And then I just everything comes across easier and it's just like an easier way to meet people and just learn from others.

Question 13:06

Are there any fears or challenges you're actively working to overcome?

Reagan Ericson 13:11

I'm definitely scared to move out my own and kind of support myself. I kind of the first to figure it out for money but I think just having to go out myself and just kind of figure out how am I gonna pay for four years of schooling is definitely scary but I think I'm gonna do it and just also juggling a. Bunch of different stuff that I have never before. I'm kind of like a scattered person so I'm just trying to like I don't know be more organized just kind of nervous about that.

Question 13:41

What are some steps you think you can take to prevent yourself from being so scattered?

Reagan Ericson 13:50

I'm trying into well I'm gonna get I'm gonna go see doctor to see if I bhd and I'm also going to, I think I have bought an agenda so I think I'm gonna just start writing stuff down and just write stuff down a lot. And I think I'm gonna keep try to keep things in one spot instead like on my computer instead of notebooks and stuff. Cuz I'll just have everything everywhere and then I won't know where to look so I think just keeping everything in one spot.

Question 14:23

Awesome. Just FYI, college is a lot more manageable than high school.

Reagan Ericson 14:29

Okay good.

Question 14:30

A lot of people say the same.

Reagan Ericson 14:32

Okay.

Question 14:33

It's very manageable. Yes. The rigor is very like self driven, but you're not, you don't have assignments do like every day like high school, how they'll give you a worksheet, you gotta bring it back the next day. Like it's not like that at all.

Reagan Ericson 14:52

Okay that's good.

Question 14:54

It's very nice.

Reagan Ericson 14:57

I need.

Question 15:02

Where do you see yourself in five, 10 or 20 years?

Reagan Ericson 15:08

In five years I wanna get my master's degree. So hopefully I have my goal is to finish in five years Camilla College mechanical engineering.

Question 15:14

Your math, your masters and. Okay.

Reagan Ericson 15:22

Oh, so I wanna do that and then I wanna I'm gonna join a bunch of clubs and then hopefully just have a good job that I wanna do and I'm kind of wanna experience living somewhere else. So I think just like another state for a new job could be cool. But also starting out here might be able to make more money, which is something that I need if I wanna live here. So just a cool job that where I'm actually like what I'm doing, I thought about doing joining the military. I've thought about going to the Air Force Academy and all that like I visited and I don't think that's what I necessarily wanna do, even though it did pay for my for my schooling. So I think it is really important for me to just do something where I feel good about what I'm doing. So just a good job to set off probably.

Reagan Ericson 16:12

And then and then 10 years I'll be around 30 by then. So maybe getting married seeing like my older siblings grow up extra V21 by then. So that'll be fun. She's gonna be very energetic person. And then so maybe settle down with the family.

Reagan Ericson 16:37

But I still wanna work. I think I'm not really sure where I sit with that. I think in when I'm older, as an older person, I do wanna be teacher. I think I, a lot of people wanna me to become that instead of an engineer. A lot of who recommended that. I think I'm good with kids and I think it's something I like to do, just especially cuz of my sister teacher. I think I really like your class and I would like to be someone like her. Awesome. But I also don't know if I'd really enjoy being a teacher all that much. I think it's a lot of hard work, a lot of stress. So I'm trying engineering first cuz I think there is a lot of things you can like I don't really know too much about the field so I'm gonna go in and try try things out and see I think I can find something meaningful that I like to do. Similar in a way similar way to teach you teaching that I think it'll be better at. And then in 15 years I'm not really sure good I'd be really cool to work for NASA or something like that.

Question 17:38

Point.

Reagan Ericson 17:47

But I also wanna kind of focus on my kids so I don't really I haven't really decided how that looks, but I did like help with a woman some club we just made last last two years at my school and we had a lot of speakers come in and it was really cool to see all these women either like sell an airspace engineer and I was like someone in. Oceanography something like that she has two kids and it's and it's still like doing is being really successful in a career. So I think there is a way to juggle it. I'm just not sure what's gonna work for me yet.

Question 18:24

You're really big goals and I hope you achieve.

Reagan Ericson 18:28

Me too. Thanks.

Question 18:36

What legacy would you like to leave behind?

Reagan Ericson 18:40

And I really like how my grandma is around everyone. She's always super nice and caring and friendly. She's always the first one even it's like a small get together to get up and dance and just like have fun. And she's kind of just a light in the room. So I think I wanna just like be someone that's always nice and just like present myself in a good way. I grew very religious.

Question 19:05

Hum.

Reagan Ericson 19:07

I don't know if I am religious, but I think I take a lot of the same values almost. So I think kind of present myself in that way, just super like nice, outgoing, just be friendly to people always. I think it's really important.

Question 19:28

What's the moment in your life that made you feel truly alive?

Reagan Ericson 19:34

Skydiving, I definitely, I went with my friend Chaya. It was really scary. And then my other friends came to watch and some of my dad. And it was just, it was scary. I think definitely that I don't know. But and then another one would be when my brother and I first like. Could start could live here full time. That was just weird for me cuz I didn't really process everything right away. So that was another really weird experience. But and I really like Fleetwood Mac.

Question 20:11

No. Is there a specific song that's holds special meaning to you?

Reagan Ericson 20:27

I favorite it's called but my stepmom always plays it. It's kind of cool.

Question 20:30

Is it train?

Reagan Ericson 20:32

Maybe I have it on my playlist, but I think it just during that time of my life, it was like I really like listening to it with her. So maybe more just that me.

Reagan Ericson 21:01

I think it is dreams and then landslide too. But just that artist or banned.

Question 21:10

Landslide. I love that song. If you could try travel to a time that isn't in this era, where would and when would you go?

Reagan Ericson 21:22

Cool. I think it'd be really cool to go to China during like the Silk Roads or something. I don't know something I don't know if it be really cool as a woman, but for a second to go and see what it was actually like.

Question 21:42

No.

Reagan Ericson 21:42

I think that would be really interesting experience.

Question 21:47

Why China?

Reagan Ericson 21:50

I am just cuz it feels I feel like that's where like a lot of stuff like kind of started out. I don't know just think it'd be cool just trying to like on the Silk Road be interesting cuz no one's ever like that's been alive can remember it and I think it just be important for history if I was gonna go back in time would be cool, right?

Question 22:22

What's the most significant personal transformation you've undergone?

Question 22:37

Doesn't have to be big, just significant to you.

Reagan Ericson 22:39

Significant to me I think ready in cross country and just starting that was just a really fun experience. I think it definitely kind of shaped our view things. And it's kind of, it's really meditative and I like the people I did it with. And I did it all four years of high school.

Question 22:59

Were you ever captain or were you just on the team?

Reagan Ericson 23:00

30. I was for CIF. There was another girl, they don't really vote or anything, that was like the old captain, that picture then she didn't make it to CIF. So I was captain for that. We're the first girl's team to go, which is really cool. And we got to go on a bus and stay in a hotel and everything.

Question 23:21

That's so fun. I. Can you recall a time when you face your biggest fear? I feel like you might have been skydiving, but more.

Reagan Ericson 23:35

Maybe that in the Marathon that I think scared me more in a way. I didn't think I was gonna be able to do it. It was hard. I think I, cuz I ran like a half Marathon. I was like, oh, I can do it. It's just like only three big runs and it just, it's scary when your legs feel like they're about to fall off, but you have to keep running. And I don't think I was going to be able to do it. And then I got really upset about something. Throne came back after not talking to me for three years. And she didn't like really say anything.

Question 24:03

Cuz, actually went out like in your yearbook, like she signed up for the.

Reagan Ericson 24:04

And she put a whole page in my yearbook of old family pictures. And it just like, I ran and I ran 20 miles. So that was really hard.

Reagan Ericson 24:19

She paid like 500 bucks is a helping with college to put a bunch of old family pictures, including her dad that her in the yearbook. So that was definitely something.

Question 24:32

What, are you still talk to your mom?

Reagan Ericson 24:34

There's a little note in it. My dad even know about it. So it's like, it's just her, it was just, it was weird. So, I almost did. And then she was just being kind of insane. Like she went into my friend's work and it just, I just decided it wasn't the best decision for me right now. And I think she was kind of manic. So I was thinking of giving it some time and then maybe talking to therapist and then figuring that out before I go, jump right back into that, cuz I don't know if she's still living here or what the situation is. But definitely she was diagnosed with bipolar, but I don't know if that's what it is.

Question 25:13

Like mental illnesses.

Reagan Ericson 25:21

She like grow basically in a cult. So I think she does have a lot of stuff that she's going through, but the same time, she's not really to willing to accept any of it. And she still did nothing ever. So I don't really, I don't know how to deal with that. So.

Question 25:42

Then.

Question 25:50

If you could change one decision from your past, would you? And if you would, what would it be?

Reagan Ericson 25:57

And, I think I'm kind of, I don't know if I would go and change anything. I feel like I'm still kind of young and I feel like if I, I don't know, I kind of like how I view things now. And I definitely did make mistakes and things. But I think, I think maybe with my younger brother, when you're younger, she try to like kind of stuff like, we did not get along until like we were ready to leave her house. But she kind of, she had different relationships with us. I think the way that he would go and lie to the courts and he, but she also like, he would sleep in bed at her every night. And it was just a weird situation. So I think maybe trying to, like, I was kind of angry at my, even though he's my brother for a while. So I think not looking at that way, maybe.

Question 27:05

If you had the chance to meet your future self, what would you ask them?

Reagan Ericson 27:15

I maybe ask her about my family and that stuff.

Question 27:19

Oh, what's your take on the current state of the world?

Reagan Ericson 27:35

I think, I think we all just need to try and I think it's not great.

Question 27:38

You can go with.

Reagan Ericson 27:46

I mean, obviously global warming. I think politically we're completely divided and I think we just kind of need to come together and just focus on solutions, rather than which I don't know is gonna happen. I think there are a lot of big corporations are like controlling everything in the internet is, I think we're just like our data and just everything is scary. And I think that kind of needs to be controlled a little bit more. I think that, socially I think the internet is pretty good.

Question 28:18

What about socially? What do you think of the current state of the world?

Reagan Ericson 28:28

I don't know if I like TikTok. I try to stay off of it. I don't I think we s too much about how you look in plastic surgery and I think that is kind of just with the. Internet it's more of a thing now. But also banner has like we can talk to people play more frequently and have longer distance relationships. And I think that's really cool. But I really I think I really value like in person stuff and I think I don't I'm not really sure. I'm like 2 side. I don't think really know how it's gonna affect us yet, but I don't know if it's gonna be good like technology, socially creator.

Question 29:15

You could change one aspect of society, what would it be?

Reagan Ericson 29:23

I think just going outside more. I think you like never really see kids playing as much outside. And I think just I think that's really important. And Jenny, just maybe Le a little bit less technology or less like an emphasis of it could be important.

Question 29:38

Hum.

Reagan Ericson 29:43

I think Covid made a lot of people like rely on it too.

Question 29:52

Have, sorry.

Reagan Ericson 29:55

See.

Question 29:59

These are random and lighthearted questions. Do you have a favorite joke or funny story you like to share?

Reagan Ericson 30:08

Then I'm trying to think of one that's like gifts. And my little sister at dinner, we had like Mike going away dinner. She was just super energetic. And then the lava kicking. We had like we got two lava cakes. And she's like, this is the best time of my life. And she's like jumping around the table and she ran over to me and she's like staring in my eyes. And she's like, this is the best time of my life. This is the best time in your life. And she was like smiling. And I think it's just funny.

Question 30:32

Oh, oh, that's so cute.

Reagan Ericson 30:34

And I was like, show me the best time without screaming. And she like made ace. She's really expressive. She's, and so I think that was fun. It's good.

Question 30:45

What's your favorite dessert?

Reagan Ericson 30:49

Chocolate lava cake and ice cream, probably sushi, except maybe the pesticides.

Question 30:53

If you could only eat one thing for the rest of your life, what would it be?

Question 31:03

Breakfast, lunch.

Reagan Ericson 31:05

I don't know. It's what I eat basically like 5,6 nights a week all summer. Cuz did my, the owner would give it to me for free. Me and this one other girl she liked a lot. So she always gives free food. But I probably have a couple of pesticides.

Question 31:21

Love, do you believe in aliens?

Reagan Ericson 31:23

So, I think there's definitely something else out there. I do believe in aliens. Not like you're not super advanced, but I feel like there's some at least something else it could be.

Question 31:45

Etcetera.

Reagan Ericson 31:47

But.

Question 31:48

I agree. I've I believe in aliens for sure.

Reagan Ericson 31:51

Right, exactly.

Question 31:52

There was like this document that came out with the government never like resilience and everyone was like, I got leaked and we were all like, oh, okay.

Reagan Ericson 31:55

The, there's aliens. I kind of like to know more about that, but I don't know if I ever want go to Rosarito, stay in a house in the beach, my, on my cousin's family.

Question 32:11

What's your ideal weekend getaway from Friday to Sunday?

Reagan Ericson 32:21

Which you normally do for Thanksgiving. Definitely. I think it's really fun.

Question 32:30

What do you like, what do you like to do in there for fun?

Reagan Ericson 32:31

Would you say? Oh, we have to play tennis a lot on the beach. We go to pool. We go and runs. I normally get Alejandra, let's make my step mom's, dad's girlfriend. I don't know, she's kind of almost my age, though. But she goes running with me on the beach and that's really fun. Then we go get ice cream and we also go horseback riding and then on like the quads in the mopeds. And then we take everyone to wine country and then they have this like zoo coming in and out. And it's like \$3 a person and there's like tigers and you can be like 10 feet away from them. And it's like, I got to hold an hour. It's really cool.

Question 33:17

An owl. Like a bird.

Reagan Ericson 33:18

And now it's since he I kind of just, I just wanna dance with your friends kind of to the lyrics.

Question 33:26

What's your favorite dance move?

Reagan Ericson 33:37

I don't know if I have a go to dance move, but I kind of, I don't know. I don't really have a go to one. We just like, I don't know, maybe like this, I don't know, maybe that.

Question 33:58

Do you have a favorite music genre?

Reagan Ericson 34:02

I like, not really. I kind of literally listen to everything but I like a lot of like older, like I kind of took my set mom's music case and she's from New York. So a lot of like that type of rap music and then like Fleetwen Mac is like, oh, I listen to okay, I think I'm an introvert but like an extrovert introvert.

Question 34:25

Okay. Are you an introvert or an extrover? And how does that affect you?

Reagan Ericson 34:38

I think I definitely I like to run and I like to read so I think that kind of gives me like template recharge. And I think it affects me. I think it's a reason I wanna become chemical engineer. I like to like sit down with problems and try to figure them out and I'm pretty good at math. So I think being introvert has kind of taught me with that and shaped mean to what I wanna do. And I kind of like being introvert cuz I feel like you almost form like closer relationships. So I think it's infected me in that way.

Question 35:14

Do you think you get more energized around people, or do you think you get more energized when you're alone?

Reagan Ericson 35:21

The people I'm close to, I'd definitely, I think I get more energized when I'm out with my friends and stuff like that. But if I'm in a big group or a party, I think it kind of, I get, I still can I go and have fun, but I think it kind of sucks energy out of me a little bit. Like I need some time to recharge after that kind in between, I don't know, you good.

Question 35:41

Are you pretty sure, ver, sorry, I didn't mean to cut you. Are you pretty extroverted with random people?

Reagan Ericson 35:49

Sometimes I'm getting at something I'm kind of working on just cuz it's something I think my dad's really good at sick of salesperson. And I really like that quality about him so it's something I'm kind of trying to emulate. So if you go something I'm definitely getting better at and I think I'm friendly with like on who I work with. I think it kind of just depends.

Question 36:11

Have you ever experience social anxiety?

Reagan Ericson 36:14

Yes, I think like middle school definitely hey I'm single I think maybe as to be someone that has the same exact things I want I have been in a year long relationship and he gets bearing for and if you're I'm if I am gonna get in with you, someone gonna meet a relationship with them and I think it's important to me to surround yourself with someone that has the same values.

Question 36:22

Middle school time. What's your relationship status? And are you looking for a partner?

Reagan Ericson 36:55

So I'm not like ready just jump into anything but I think it's something I'm looking for and I think it's also good to value friendships and I'm young and not really my focus right now.

Question 37:08

Okay. Have you Learned anything about how you work in terms of a romantic relationship from your path as well?

Reagan Ericson 37:19

Yes I think I like to go I definitely like but love language is definitely it's called like spending time and quality time. I to go and do things and kind of just make memories I think is that's really important to me. And I think it's also really important to communicate and to kind of be like, I don't know, not to get lost in the fun of it in the beginning, I think it's important to, especially when you're young, but just to like kind of look at, make sure you like kind of a good match for the person I think is important to kind of locate what you want.

Reagan Ericson 38:04

And like had the same goals. Like he wanted to join the military. So that was just not something that I wanted. So I think just, I don't know, being kind of more smart about things is something that I definitely Learned. No.

Question 38:23

There's three different types of people. There's the emotional mind, the logical mind, and then the one in the middle. I forgot what the one in the middle is called, but it's like uses a little bit of both. Would you say you work like you base your decisions mostly on drive of emotion or logic or both?

Reagan Ericson 38:41

I think both. I think my first instinct is definitely emotion, but I think because I'm an interviewer, I think a lot. So I think it comes out. I think it comes out more logical in the end.

Question 38:53

Hum, okay.

Question 39:03

What is your favorite comfort food?

Reagan Ericson 39:09

Ice cream with magic shell on top still trying to figure that out a little bit.

Question 39:15

What's your philosophy on life or your guiding principles? I don't even know what that means.

Reagan Ericson 39:24

I think my guiding principles is to, I think, be smart around the people that you're around and also just kind of be accepting of everyone. And you never really know what someone's going through. If someone is critical on that type or just rude for no reason, to kind of just like relax and not take it personally. And then I think just to work hard. I think it's really important to just work towards something, have a goal. And I think that's important to me.

Question 39:59

Are there any unanswered questions or mysteries that fascinate you?

Reagan Ericson 40:05

Home aliens and. I think mental illness probably, definitely. But I think aerospace engineering is like what I actually wanna do. I think that's, that would be something really cool. I kind of have an obsession with him, like third grade. I think it's something I've just always kind of been interested in.

Question 40:34

Would you go to space if you could?

Reagan Ericson 40:38

Depends on how long. But yes, I would.

Question 40:43

When you said that mysteries or things that fascinate you, you said mental health. Did you mean like a certain disorder or do you just think likes logical?

Reagan Ericson 40:54

I think what, I think it's kind of like on a spectrum, but I think like C, cluster B personality types, that type of, and ADHD is my younger brother. I think just like how the brain works. I think it's important.

Question 41:14

Do you believe in free will?

Reagan Ericson 41:20

I do. I think it's what kind of makes us human in a way. I think I definitely believe in free will.

Question 41:29

How do you view the balance between science and spirituality?

Reagan Ericson 41:36

Hi. Not really sure. I think science is really important, but I think it has to be backed by something. And he gets kind of important to like fine with that is and sit and think. And I'm not really sure. No.

Question 41:59

Okay, that's okay. You don't have to know. Let's see. Do you, purse, do you prefer city life or the countryside?

Reagan Ericson 42:12

I think like suburbs. I really like where I live. I think it's definitely somewhere at monoliv, like when I'm older, just like small town kind of Cardiff is, it's kind of getting bigger. But everyone like you can recognize people when you go to the grocery store. Well, I also like having access to things. I think that's important.

Question 42:35

Okay, what's your favorite baking recipe if you have one? Or cooking something that you cook or bake? If you don't bake or cook, that's okay.

Reagan Ericson 42:46

I like the or Goma subsidy by someone makes it for parties. It's like a bunch of different like vegetables and like this portion rice is, that's really good. I try to help with that. And then my favorite bakery recipe that I like is the Hilton cookie recipe. It has like crushed up walnuts like cut super small in it and it's really good.

Question 43:16

If you could be a character in any book or movie, who would you choose?

Reagan Ericson 43:23

Hermani from Harry Potter.

Question 43:26

That's so funny. I could see it. Have you traveled much? And what was your favorite destination? And if you would like, if you don't have a favorite destination, where is somewhere you would wanna go?

Reagan Ericson 43:44

I work with my grandparents to England freshman year. I saved up money and I like bought myself a ticket. And that was really cool. And we got to see our pen pals from like my great grandma and like her family. But my favorite place we visited went to London where they lived. I kind of forgot what it was called. And whales. Whales was my favorite. It was just so pretty and green and that was my favorite. And I got to, I want zip lining my grandpa. It's like the fastest zip line in the world. It was really cool.

Question 44:17

Your grandpa, like right next. My gosh.

Reagan Ericson 44:21

You lay flat like your head goes first.

Question 44:25

Oh, I think that's great.

Reagan Ericson 44:25

It's insane. They I was born in Sanitas and then I was raised in Crosbad.

Question 44:33

Where were you born and raised?

Reagan Ericson 44:40

Cuz about 7, then I moved just on a beach and then the third grade card. So I'll just north County, San Diego.

Question 44:50

Okay. What's your dream vacation after college, if you could go somewhere?

Reagan Ericson 45:01

I wanna go study abroad and I wanna like waitress somewhere, but somewhere I can speak English. So cuz I don't really speak anything else. I think somewhere in England would be really cool to go and travel. I'd also really like to go to Singapore. I read like all the Crazy Rich Asian books and wanted to go since then.

Question 45:22

Cool. Are you passionate about any social or environmental causes?

Reagan Ericson 45:35

The water crisis in Africa was like a big thing when I was younger. I like saved up 25 hundred dollars since sixth grade to build a while in Africa. My grandparents were missionaries, but there's kind of a family situation with that. I kind of, but I think that's just really important just under develop countries. I kinda also helped my cousin Oda. She came, she'd grow up in Tiwana. She has this outreach thing she makes like Thanksgiving dinners for kids down there. And she just went a couple months ago and she saw a girl getting and she that she like called the police and no, do anything. So I definitely think going and helping out over there would be really important is really traucic for her.

Question 46:19

My God.

Reagan Ericson 46:24

She like okay, she Wi she went to bring her one of the her Thanksgiving things and she was also like a girl alone in Tijuana. So she like couldn't really do much like no one would help her. And so I think there's definitely a lot of that down there and I think going and trying just, there's a lot we don't know about and I think I'm trying to help do that types of, it's really important.

Question 46:51

Definitely. How do you raise the money for Africa? That's cool.

Reagan Ericson 46:54

I went to a bunch of different churches and youth groups and I spoke. I went to a father daughter camp with my dad. That's where I raised most of it. I also did have a partner. She did help me a little bit. But I like what at the campus when I just, I went up and I just talk to the guy and he let me share the presentation. So that was cool. And I just spoke in front of everyone, which I can't be good public speaker when I practice, but I have to practice a lot and I raised I think it was like over \$1000 and that's kind of what started it. I wasn't really sure if I ask me on the do it but a page with the foundation of a well, not like the a page like the foundation which is

the most important part like the drill down and that type of stuff. And then they like the parts like they got the church built the rest of it all like the equipment and everything to build it. Cuz it's like a lot more for full well I think it's around 10000 but I just spoke at a bunch of different, I like we called a bunch of different places, Bible studies and that type of stuff. And then I also, I'm a brother soccer games. I got a bunch of snacks and drinks from Office Depot and I went around and like the cooler around that tournament. I made a good amount of money that way. I did garage sales, I mean, a little bit that way. And then we also did after school, we sold popsicles on Fridays.

Question 48:30

Okay, cool.

Reagan Ericson 48:31

So.

Question 48:33

That's really neat. Thank you. What did leadership look like for you in high school? Were you part of any clubs? Which clubs were you part of? I know you were on cross country, right? And then he went to CIF.

Reagan Ericson 48:52

I think that was a big thing. I think I was want definitely me and this girl say she's younger than me. I'm wearing one of them today actually to say goodbye. Just talk to my coach. We kind of like push our team a lot. I think we would be the one we, in the beginning of the season, like we ran with the boys, which is kind of a lot. But I think we're definitely the ones who like, guys, come on, you got it. We're going. Cuz I think my school's very artsy. We don't even have a football team or anything. So definitely leadership there. And also a woman stem club I helped with my friend Aaron was that, she was the one that ran it with our physics teacher. Our physics teacher is, was really great. She like let us have it in our classroom and everything. It was always really supportive. She majored in, I think aerospace engineering, but she also has a family and everything. So that was cool to see. She would, she spoke at one of our meetings. And then I was also in Icebreakers Club.

Question 49:57

That's.

Reagan Ericson 49:59

And that was just for me, peanut butter and jelly sandwiches, like on Thursdays, I brought them or the teacher brought them to home, a shelter. And that was, those are the clips. And I did a beach club. We only did it twice. That was senior year. We just went and picked up trash.

Question 50:17

Okay, cool. That was my last question.

Question:

How can I improve my study habits?

Reagan Ericson 00:06

I would improve your study habits by first having a good work life balance, making sure you're getting enough sleep and working out. And then I would go and when you in a better mood, I would not procrastinate. I would like schedule like a certain amount of time you're gonna spend on something instead of just like thinking about it as an assignment. So you just spend that amount of time on the assignment each day.

Question 00:31

With that being said, how do I manage my time effectively?

Reagan Ericson 00:37

You manage your time effectively by writing it down at the beginning of the week. You can just right in your planner and just like everything that you have to do. And that way you kind of just like have an idea and you can plan it out and you can a lot, a certain amount of time for each project.

Question 00:55

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

Reagan Ericson 01:01

You can go to look up tutoring at your school. A lot of schools have tutoring offered like a lot, all the times in the math and my school would have it in the morning for math or I would go to office hours with your teacher staying at lunch or ask a friend to study with. That's what I'm doing this weekend. It's a girl from our math class. But just use your resources and ask people what your resources are cuz probably have some.

Question 01:29

How can I improve my test taking skills?

Reagan Ericson 01:33

You can improve your test taking skills by doing practice tests without any extra resources just to see how you actually perform when you're not looking, however, like back at past problems just

to see if you actually really understand it and you don't need to look at anything else. So just kind of mimic a test setting and just practice.

Question 01:53

How do I deal with bullying or peer pressure?

Reagan Ericson 01:58

You could stand up for yourself in a good way, but just don't let someone walk over you. Like just call out the action right away instead of just letting it continue draw attention to it.

Question 02:14

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

Reagan Ericson 02:19

I took a college apps class in my school cuz I have a college counselor and that help me a lot and just actually actively being a part of that class. Cuz I've heard from a lot of different schools, you can kind of slack off and kind of treat it as a free period, but you can also actually get your stuff done and talk to the teacher. And then another way you can do that, they do have a lot of free resources online. You can talk to a counselor. If your counselor is not that helpful, you can talk to a different one. I did that at my school. There was one person that was just extra helpful, so I'd go to her even though she wasn't my counselor technically. So just use your resources. And I, again, put that in your schedule so you actually have time to focus on it.

Question 03:10

How can I choose the right extracurricular activities for me?

Reagan Ericson 03:17

You could talk to people that are already a part of the sport and just see what's a good fit for you and you could try out a couple. And then I would try to stick with one because there's gonna be drawbacks to any extra cooker activity. So I try to pick one and stay for at least two weeks to see if it's the right fit for you and just like put some time into it.

Question 03:41

What's the best way to effectively balance school, work and a social life?

Reagan Ericson 03:48

I try to put school first because then you get everything done out of the way and you can balance your social life afterwards because there's always stuff you can really do is just get your stuff done first and you feel less anxiety towards it and then that way when you actually do grow

your ability be more in the present and actually have more fun and then always just I just try to be clean or have a routine and it'll make getting ready getting enough sleep a lot easier.

Question 04:06

Hum.

Question 04:20

How should I cope with something like examining anxiety?

Reagan Ericson 04:26

Try to drink less caffeine that morning and get a good night sleep cuz caffeine is just gonna make everything worse so I would try to study before instead of the just the night before cuz you're not gonna perform as well cuz not gonna remember everything and you're not gonna be in the right headspace if you get a little bit of sleep and drink a lot of caffeine and then I would also maybe put yourself in a position like in that class where you feel comfortable so you can go inside the back so you feel less pressure or just, and maybe you can communicate your fears and stuff to your teacher so they're aware of it.

Reagan Ericson 05:02

And I've had in the past, what, for my physics class, I always need extra time. I would do good. And I just communicate that with her and she would let me take extra time on the test. So just communicate to people around you.

Question 05:18

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

Reagan Ericson 05:24

Try to be really friendly and just go up and talk to people, ask questions about themselves and just kind of get to know people and say you're new and communicate that. And a lot of times people were just like, be very welcoming. My one friend that I met here just from a girl at work, I met her once and I just like she knew I was new and I just went up and talk to her and she's inviting me this stuff. So you just gotta go up and talk to people and be open and it'll happen actually.

Question 05:57

How can I stay motivated to complete assignments?

Reagan Ericson 06:03

Have a good healthy headspace I exercise and it makes me a lot I have a lot better time doing assignments. Also take your homework and you the work you have to do outside of your home

or something because you're gonna have a lot of distractions so I would just put yourself in a place where you're not gonna be distracted go to the library or we don't have one here so I go to the EU.

Question 06:29

Okay, and then, how do I handle conflicts with teachers or classmates?

Reagan Ericson 06:46

Try to stay professional because you have to work with these people for the rest of the that class. I would just, don't be disrespectful. Don't let yourself be disrespectful. So talk to them about the issue. And with teachers, just as long, a lot of the time just drawing attention to something. People feel like they can see it themselves right away.

Reagan Ericson 07:13

My physics teacher, my new one, he like called me out in the middle of class for no reason, just like last week. I wasn't cheating. And we stopped in the middle of the test to talk to each other and the test wasn't graded. He asked when we're done with the test. As one of the two people would raise my hand and I assigned it. And I was just like, had my head up, was looking around. And he said something in the other class, he's, he like, I was looking at other people's papers, which I wasn't doing cuz I'd already sign the test and my, everything was down on the table. And he heard me as in the front row pro and one of the only people to say I'd finished. And before that, the class period for that, I had asked a question. And he's like, not to call you out, Reagan, but you shouldn't ask this question. And I'm just the only person that he had done that too. And I went up to him at the end of class and the kid already started saying sorry and nothing like that ever happened again. So I think just drawing attention to the issue makes it a lot better and then cuz they feel embarrassed as well most of the time. So, I would look at stuff that you're naturally good at cuz that's gonna make you a lot more enjoyable.

Question 08:21

What's the best way to choose a college major?

Reagan Ericson 08:34

Like everyone I've talked to said they enjoy their major classes a lot more than their GES. So I would just look at the classes that you had in school and pick major is gonna have a lot of the same ones. That's kind of what I did. Instead of focusing, it could be a good route to focus on getting a lot of AP classes out of the way so you have less credits for college. But I think it's also important to take maybe the harder ones. If you wanna go into stem, take the stem classes, see if you like it and do well in that environment. I took 8 maps just to see if I liked it before I like invested my time and money into my major. So I would take a lot of classes in high school that are gonna be similar. And you could always change your major as well, even at the school says

it's hard to, as long as it's in the same college. And then I would just pick something that you're gonna like the classes.

Question 09:27

What are some of your favorite ways to stay organized?

Reagan Ericson 09:33

I use a planner and honestly use my notes app just and if anyone ever says anything I'll just write it in my notes right away cuz I forget things really easily and then you can go later and put it in your notes app and I'd like to take Sundays is normally my big study day and I'll just take a piece of paper and just like write out anything I think I have to do that week and then I go and organize it into my calendar and that's really helpful. To stay organized.

Question 10:06

If I'm dealing with something like a breakup or relationship problems how do I deal with that?

Reagan Ericson 10:17

I would talk to a friend and just kind of talking helps cuz you kind of just go over the same stuff in your head and exercise and just try to get out of your house, get up in the morning, just try to keep up your normal routine and just put you get yourself out and also take time to reflect like give yourself time. It's you're gonna be be it disappointed. You're gonna need time to sit with that. So also a lot time for that and just be easy on yourself.

Question 10:50

And then, sorry, some of these are like repeated questions. So I'm trying to like, okay, what should I do if I'm being cyber bullied?

Reagan Ericson 11:13

Depends on what you want out of the situation. Cuz I found it's a big thing in schools, cyber bullying, that they draw attention to easily. But with that, you're gonna have to deal with talking to that person and there's gonna be a process with it. So if you can ignore it, you could try that or you could block the person so they can't view your social media, kind of just stop contact in that way. And if you draw too much attention to it, it might continue. So see if it's really an issue and you want it to be stopped and talk to someone, or you can try to let it play out and just ignore it and know that's not reflection of you.

Question 11:58

How do I build self confidence?

Reagan Ericson 12:03

You can build self confidence by putting yourself in uncomfortable situations cuz confidence comes from practice and being comfortable in a lot of different situations and if you've never express yourself or been confident in that situation you're gonna have to be uncomfortable at first and with practice you'll get better at it.

Question 12:31

How can I avoid procrastination?

Reagan Ericson 12:35

You can avoid your procrastination by going somewhere different so you don't have a lot of distractions like if you're in your room in your house you can take a nap, you can do your laundry you gonna have a lot of other things. I also I study with a friend that I know is also needs to study and just you two studying together, seeing the other person studying makes you want to as well. And that's.

Question 13:09

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

Reagan Ericson 13:14

If you're struggling with your mental health, I would reach out to someone. There's a lot of resources in school or in college. There's from. Right. I've heard like free therapy basically. Also if you in high school, I've heard people been recommended to therapist. So it's not always the case, but there's always people that you can talk to in resources out there. There's phone numbers online you can call. Also just talk to a family member and or someone close to you or a teacher if you don't have a good family member to talk to. And would journaling helps just like write out your feelings so you can identify what the issue is.

Question 14:01

When you're doing virtual classes, like how do you stay focus?

Reagan Ericson 14:06

I stay focused by always writing everything down. Just if you're active in writing down what the teacher saying that then you're constantly gonna be a part of it. If you just sit and try to watch it, you're gonna zone out, you're gonna do other things. You could also just put your phone and like my I always put in my bag or you can put on the charger so you have access to it. But just write things down and try to ask questions and asking questions helps cuz you're like thinking about what's being asked of you and you're actively engaging.

Question 14:44

This question, what should I do if I'm feeling peer pressure to engage in risky behavior?

Reagan Ericson 14:53

You should say no and explain this making you feel uncomfortable and then remove yourself from the situation if it can continues.

Question 15:08

How do I prepare for a Job Interview?

Reagan Ericson 15:13

You prepare for a job interview by looking up the company and just kind of getting familiar with what their values are. And then you can write down some questions base. You can look up just interview questions. And what I did for my first job is I just practice them with my dad. He just ask me and I would practice my response and then he would give me an example response if you think my one was good. So practice with a friend or someone that has a similar job.

Question 15:49

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

Reagan Ericson 15:54

You can join a club or a sports group or just put yourself, go outside, go to a coffee shop. If you're inside and not doing anything you're not there's no chance for social interaction. So just try different things.

Question 16:14

What should I do if I witness bullying at school?

Reagan Ericson 16:18

You should call it out. Don't be a bystander and you're just kind part of the problem because the bully is already insecure and that's it or not the bully the victim is already insecure and hyper rare in that situation. So anyone that's not saying anything they're gonna feel like it's on the bully side. So stand up and just say something draw attention to it. Just ask maybe just ask bully like a question or something.

Question 16:41

And then so strange how can I become a pub, a better public speaker?

Reagan Ericson 16:56

You can become a better public speaker by practicing your speeches. I have a speech on Monday and my teacher recommended that we write it all out and then we take note cards and we can first we can try to just read it through memorizing it and just kind of see where we go. And then

whenever we stop or pause, we can write down that idea, figure out what ideas you're gonna forget the most in your speech and then practice that. Words you have trouble pronouncing or just take them out of your speech entirely.

Reagan Ericson 17:30

Another thing to do is pause in your speech. So don't feel like you need to fill the space. Give the audience time to respond and give yourself time to relax and collect your thoughts. It's okay to pause. It actually slows it down and makes a speech a lot. I think, if you're struggling with body image issues, I would maybe take a break from social media because a lot of what's projected isn't reality and it's edited and fabricated.

Question 17:47

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

Reagan Ericson 18:05

Let me plug in my computer. But also another thing you could do is you could exercise and or just sleep and eat better or do something that makes you feel confident and that's really helpful. Take a shower. Just reassce, reassess the situation cuz you don't always feel that way and everyone's going to at some point. So just do the things that normally bring up your serotonin or make you happier.

Question 18:34

Can you share your experiences with choosing a college and career path?

Reagan Ericson 18:41

I chose a college that I looked at the jobs outside of college and it's in the area so I might be respond to that, but it's in the area I wanna find a job in. And I looked at a lot of my parents when I'm not my my parents, my friend's parents went to Cal Poly and kind of look at the life that you want and kind of like if I went to Colorado or Montana, I'd probably be living out there or I talked to a lot of people that a lot of the jobs and internships after college were like in the middle of the country. So look at what you want after college and what college is gonna help you get there. Also consider money and cost. Apply to scholarships early so you have a lot of options for colleges. And just talk to people also cuz it helps just hear their feedback.

Question 19:35

See, and how can I improve my use with social media?

Reagan Ericson 19:47

Check.

Reagan Ericson 19:58

Once I get like standing outside before this stuff is okay.

Question 20:05

It's okay.

Reagan Ericson 20:07

Hum. You can improve your useless social media by on your phone. You can send a tablet like a time tracker for certain apps. You can delete it if you have a lot of stuff going on and you realize that you're just gone on it too much, just delete it for that portion of time. What I did is I set a passcode and put it, had my brother know what the passcode was. So I actually couldn't go on more than that and just be aware or conscious of it. There is an app that actually got blocked by apple that would, if you were going to go on app would pause for three seconds to see if that's actually like kind of what you wanna do. Cuz a lot of the time you're just clicking on it without even realizing it. So just if you don't delete it and don't have it just right there, do you still have your account and everything? You can redownload it when you're ready. You just that same day or anything. If you just don't have it as like you can just click on it right away, you won't go on it as much.

Question 21:11

Sorry, some of these questions are like the same as a little bit I'm asking you. So I'm like trying to find new ones. How can I improve my relationship with my siblings?

Reagan Ericson 21:24

I mean, can improve your relationship with your siblings. A lot of the time if there is an issue, it's an ongoing one that's been happening for years. So you have to kind of forgive them and let it go because if you don't wanna go, you're still gonna have some resentment and she's gonna keep going back and forth and try to talk to them, ask them to go hang out with you, go do things. And if there is a click conflicting thing with your parents where like that also causes some issue, I would just try to stay out of it as much as you can and not like not, I don't know, talk in those situations maybe, but just go and spend time together and go do things outside of the house.

Question 22:08

Are there any relaxation techniques you recommend for when you're really stressed?

Reagan Ericson 22:15

Workout, go for a run, exercise and read a book if you can find one you can get into. For us is not gonna help that much. You can draw. You can look up drawing videos, too, if you don't know

how to or they have little color in books. We can just like same color with your favorite show that you, I like friends or Rick and Morty that you watch a lot and just put it on the background.

Question 22:45

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

Reagan Ericson 22:56

I would maybe talk to an entrusted adult first just because you're gonna have probably a lot of emotion connected to it. You could call it out if you do feel comfortable or you could ask someone to do it for you, like a kid close friend, but that's also just not acceptable. So talk to an entrusted like authority figure and let them handle the situation so you don't have to.

Question 23:26

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

Reagan Ericson 23:35

I would go talk to someone. You can talk to someone who has experience that before in the past, like someone you know, or go talk to a counselor, and s. You can talk to your parents if you feel comfortable with it. If not, I would try to, I would go talk to someone for help who can help you find the resources to change, if you'd like to change something about yourself or just feel confident enough to wear certain outfits or change your demeanor in a way that's gonna make you happier.

Question 24:21

How do I manage my online reputation?

Reagan Ericson 24:31

You manage your online reputation by posting pictures that represent you and you're gonna feel comfortable if someone like went and showed it to you cuz it is up there forever ever. Anyone can screenshot it. It's always out there so just always if you're putting something out into the internet, just make sure it's something you're okay talking about and being confronted with.

Question 25:03

How can I develop strong leadership skills?

Reagan Ericson 25:09

You can develop stronger leadership skills by putting yourself in leadership pers positions. I'm the oldest of four so I feel like I kind of have some of that. It happens naturally in some situations but I would like try to in group projects, try to take the lead, try to maybe also put yourself in a position where you're able to take the lead and are knowledgeable on a subject. So if it's

something it, there's different areas for each thing, but I would try to just be confident and be someone that can lead by example. So whatever project or sports team it is, just have a good attitude. A lot of the time in soccer, the cat since that were picked weren't the best players on the team. They were people that had a good attitude, kept up team morale and just a lot of high I EQ is really important for being a leader. I'm just recognizing different social situations, Facetime or talk to your family.

Question 26:17

Oh, what should I do if I'm feeling homesick?

Reagan Ericson 26:31

Also just try to find a community where you're at because that'll help a lot cuz you're gonna feel homesick and miss the people that you spent, like your family and they spent a lot of time with. But try to find a community. Put yourself out there. My friend Maya is going home. She misses her family. She's going to see her brother. So you can make visits back. One thing that was recommended to me though, was like the first couple, I think this is the first month of college, try not to go home just cuz you kind of get have to put yourself and get comfortable with being uncomfortable and find a new community of people. But also be careful. Don't jump into something right away because you don't really know the people as well and just be open to new people but also be aware of your surroundings and be cautious as well.

Question 27:28

How do I prepare for the transition to college live?

Reagan Ericson 27:34

I think getting a job before college is really helpful cuz it kind of just put your puts you in a situation that's like not school or it's in a more like you held accountable in a job and it helps you have a lot of real world experiences which is more expected of you in college. I think if you act like click you or we're in college is just not gonna be like perceived right and you're it's gonna be ignored and it's not gonna get you anywhere cuz a lot of people call, everyone in college is there for the same reasons. They're working towards something and they're just trying to, they worked hard to be there, depending on what college you're at. And it's not embarrassing to be to school and to put effort into it. That's why you're there. But.

Question 28:28

And then review, sorry, how can I develop a strong professional network?

Reagan Ericson 28:47

You can develop a strong professional network. I've been, there's two career affairs here at my school already that have happened. I talked to a lot of freshmen that didn't go to them. I went to

them. And I think it helped a lot because I got to talk to a lot of the woman in the field, which was helpful. And they give me the business cards or Linkedins and even though the they don't really take internships or interns freshman year it's good to talk to people and network and then recognize you you can also do something that kind of makes you stand out I wear like my hair like a curly thing that I like normally do us or just something that's or just talk about something that's gonna make you noticeable find a commonality I found it was a lot easier to talk to the salespeople so even though they have like sales engineering so go to maybe someone that's more open and friendly at first just to warm you up. And just practice talking to people and then also after class I was just like talking about the career fair and then a third year started showing us his resume. He gave us each one just to see how. See how what we should do when talking to different companies that also helpful. He was saying how he got his first internship. He just emailed one of his high school professors and said that he could help with grading. Look to people that you already have connections with. Join clubs and talk to the right people. See what people already have those connections made. Express your interest.

Question 30:20

What should I do if I'm experiencing burnout?

Reagan Ericson 30:25

If you're experiencing burnout, I would first look at the things that you need to get done and set a priority. I was feeling a little tired the other week. I said I needed to study for my classes. So I didn't go to a club meeting. That wasn't as important. And I went, I played soccer instead. So I would do something other than school just to like take a break and, or just take an app if you need to. That really helps also. But yes, and then I would get your priority stuff done first because that's probably what's causing you a lot of anxiety. And just take a break. It's not the end of the world if you don't get something done. Like if I didn't do that club thing, it's still there. Next year, I'm a freshman, they're not as expecting as much for me anyways. So I would just set your priority straight and be okay with letting things sound like back the back burner for a little bit.

Question 31:23

How can I, or you, how do you, how would you recommend making a positive impact on the community and like the world?

Reagan Ericson 31:34

And you can make a positive impact. I think it's important to focus on one issue so you can actually make an impact and have something you work towards like an issue to fix and engineering, there's a lot of different options. But one of the Lockin Martin was talking about how important is to find a job where you actually feel fulfilled and that you're actually doing something. So look for a job in a career path that's gonna give you that and where you can help

the most. It's also important in your community to do community service. Look for people around GB friendly, be open and not closed off and it creates just a better work environment, living environment and everything.

Question 32:36

What's your favorite way to unwind after a busy week of school?

Reagan Ericson 32:44

My favorite way is to go out with my friends, go dance, go have fun. Or you can, we set up a projector in the common area so you just watch a movie, have the movie night with the people in your dorm or is this set up weird? So it's like three different groups. We can have people from the floor over or if you're not in college, just set up something, ask people to go hang out if you don't have plans. Cuz a lot of the time people wanna go do something or accept invitations places.

Question 33:19

And then.

Question 33:28

If you could land your dream job after college, what would it be?

Reagan Ericson 33:35

My dream job after college would be I, out of my favorite places like there that I've seen is Mattel and then there's also SpaceX and Lucky Martin seems really cool though, just cuz it was a smaller company working on a specific issue. I think it'd be really cool to work for them. And they also have a rotational program. So you work on like different parts of the engineering process right away. Their main goal, a lot of it he couldn't talk about, but was to s the same technology kind of that Israel is using right now to stop bombs. It's like just stopping missiles from coming in. And there's also, I'm learning about space politics as well. And I would look for a job that had politics that I believed in once I know what I'm actually talking about cuz I don't yet. I think a job was talking Martin would be really cool.

Question 34:31

Awesome. What's the most interesting or unique thing about your college town?

Reagan Ericson 34:45

I think slow is actually rated one of the best college towns in California. Everything is really centered around it. The, a lot of alumni come for all the games still. And there's, it's a small town. There's a farmers market every week. And I was talking to one of the waitresses at a restaurant there just about when was the best time to work in the best job to have. And she was

saying the farmers market in Sunday mornings, which I found very different from San Diego or other areas, and I think kind of shows a sense of community, that people are going and get, having brunch together and going to Thursday market, farmers Thursday, Gramma's market, instead of just like going out on Fridays, they're actually like spending quality time with each other. And it's really cool. They have a lot of agriculture. It's they have the most agricultural farming land. They have this whole polycanyon. It goes super far and it's really pretty exceed the sunset. So at that time.

Question 35:45

Then if you could give one piece of advice to your high school self, what would it be?

Reagan Ericson 35:59

Apply for scholarship sooner like freshman year not freshman but like sophomore year. There's a lot and you could just or I would say don't be afraid of how you perceived just set a list of goals that you want for yourself and act in a way that's gonna help you reach them.

Question 36:26

And then, what's your favorite campus hangout spot?

Reagan Ericson 36:41

I like the lawn just right outside we have it's a it's really nice. It's like a little hill. Everyone goes out and place like Spike Bar all or it goes out and studies and I just think it's really nice. It's from the people you live with and those community.

Question 36:56

Cool. And then what's the most interesting class you've taken so far?

Reagan Ericson 37:10

I think my welding class is really cool. I just actually got into it. So I've only been to do classes so far, but I think it's really fun and see kids kind of learn on the hand on aspect of mechanical engineering, which I think it's really cool.

Question 37:26

And then, what are your thoughts on pulling all nighters for study sessions?

Reagan Ericson 37:40

Not before a test, but I think if you have time to sleep in the next day and that's how you study best, it's okay. Maybe not all nighters, but I think it's okay to stay up late studying. If you're studying effectively and like not falling asleep. If that's what works for you, then go ahead. But try not to make it a habit and try to in between classes or just try to get your work done. But

sometimes just it's not always gonna happen. In college, your schedule looks a lot different than high school so you don't have to wake up as early in the morning. But it's also important to keep a consistent sleep schedule. So it depends on your situation. But if you're studying early for something, I think I think that's always a good thing. Just study before if you're starting to think the week prior.

Question 38:34

And then what's been your favorite memory in college so far?

Reagan Ericson 38:46

My favorite memory in college, I think we like tied like a shoelace to a skateboard and there's like a huge hill right here. And then there's like, like a party below us. And we all went and try to see how far we could go down the hill. And that was fun.

Question 39:20

How do I navigate the challenges of a long distance relationship if I'm going to college?

Reagan Ericson 39:29

I would set boundaries because I think a lot of the time I would have heard from issues with long distance relationships is there's like no boundary set and there's a lot of jealousy. So I think you have to make sure that's not a part of your relationship and address it if it is. And then don't feel bad if you set a boundary and someone doesn't. You're not gonna meet everyone, like fulfill all the different needs in a relationship. You have to also think about what you can give and you have space and time. Report and I think communications really important and actually like following up if you have a time set to talk to that person, I think that's important. So if these they are someone you wanna keep in your lives and you're doing long distance, it is a lot of work and extra work and you have to make sure you're willing to put that time and energy into it.

Question 40:25

And then going on that, like, what should I do to build a healthy romantic relationship?

Reagan Ericson 40:31

Now communications really important. I would make sure you going into the relationship with the same idea as the other person of what you're getting out of it. So f you can't really like I would just make sure you guys have the same idea of what you're like getting into and if you don't feel if your needs aren't be met, explain that and talk about it. And then if that doesn't change, then maybe they're not the right person for you. But also I think just communication is really important.

Question 41:15

And that was my last question, so.

Reagan Ericson 41:18

So.