

Maria Paula Noriega: all data p2

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Keywords

good way good things good friend different groups good advices good grade good impact good values good ones good approach good examples good hair good money good lawyer good qualities different topic more time different style

Transcript

Question 00:02

Okay, how can I improve my study habits?

Maria Noriega 00:07

I think scheduling is very part of it. Weekly schedule helps a lot in setting times and goals. For example, if you wanna finish a book or if you wanna finish a chapter in one or two weeks. So when you have that goal in mind, you know that you're like that you have to do it and just like setting times like I'm gonna study two hours on Monday and then I'm gonna take a break on Tuesday, but then once I am gonna study for three more hours. So you study like a little bit of time each day and how to study for like a whole day on Saturday.

Question 00:54

On that note, how can I manage my time effectively?

Maria Noriega 01:00

So one thing that works for me is having my weekly schedule so I know the things that I have to get done by the end of the week. So if something's gonna take me more time, then I'm gonna work on it a little bit each single day. And for the things that I know I have to do every week, for example, I know I have to go to class or I know I have to work. So that's like already said, I already know the time that I have to be at work on my free time, I'm gonna set little times for each assignment that I have to do. Like if you have to study for a test or you have a homework do that week you're gonna assign more time on the assignment that it's gonna take the longer.

Maria Noriega 01:47

So if you know that you can finish something one day, then you say like, okay, if it's still Wednesday, I can start it on Monday and then like if for some reason I don't finish it, then I still have to say but you don't let it for the last day. Like it's really important. They don't let things for the dates too because things can happen and then there can be a chance that you don't have time to work in that day. So it's always really important to like set a day before so you don't you have extra time and just be responsible.

Maria Noriega 02:32

Like it helps me a lot writing on my weekly schedule like, okay, two hours are assigned for for this homework on Monday and then on Tuesday I'm gonna take 5 hours to study. And when you see there when you see that it's reading a paper like a notebook, then it's not like your force, but it motivates you more to do it because you have have to do it.

Question 03:05

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

Maria Noriega 03:09

So I will reach out to the professor. I don't know if you feel more comfortable with your classmates or your professors, but I usually do either or I will ask my classmates if they're having troubles as well. And if they're feel that they're confident about the subject, I will ask them if they can help me with it. Sometimes when it's someone your age, you feel better about it and I will ask him to explain me a little bit more. If I if I'm still having trouble, then I will go to my professor's office hours and explain my the things I'm having struggle suite and see if they can explain me a little bit more. If not, you can also get a tutor and someone that's already like it's already taking that class or has more experience with it so they can also help you with that.

Question 04:13

Okay, and then how do I deal with bullying or peer pressure?

Maria Noriega 04:21

So I know it's really easy to say, but it's really hard to accomplish. But the first thing to do is we have to love ourselves. We have to be confident on who we're that takes time. It's really easy to say, but it takes time and it takes efforts to really love yourself. But you s have to remember that everyone is special there away we have to remember that we don't have to compare ourselves to others because everyone is different and everyone has things that they're good and they're bad at you cannot compare yourself. So that was because that's only gonna make you worse. So just express your feelings. If you're feeling sad or you're feeling stress about the situation, it's important to never be quiet. If you're going through participations like bullying, you should always talk to someone and it's not something fair you should know that what they're doing is not right so always talk to your professors or your friends or your family and always seek for help

cuz sometimes when we deal with those situations by ourselves it's we would never know what's the right thing to do so we should always express our feelings to people we trust and they can help us and they can give us advice and maybe help open your eyes.

Question 06:06

How can I improve my test taking skills?

Maria Noriega 06:10

So everyone's different everyone has a different style of studying and also everyone prefer so they first style of test taking there are people that like being on a quiet space just by themselves because they get easily instructed or people that like being in person and just like in a traditional classroom style but that's something that you need to explore and decide for yourself because not not the thing that works for me is not gonna work for everyone else so just explore the different options and whenever you know what you're most comfortable with you can express that to your professor and say like I feel that if I take the test this way it's gonna help me improve my grades because if I take it this way it's I get stress or I get anxious so most of the professors are really okay then and they will give you an accommodation.

Question 07:14

And then, how do you prepare for college applications?

Maria Noriega 07:22

So when I was younger, my mom, she sent me to school April. They will prepare me for the test like the ACTU and everything. So I was taking there were no particular lessons, but we were like a small group of people and there was there were professors that they've been working on this area helping students prepare for the test. So I think that really help me, that made me feel more comfortable about the test because they will teach you how to manage your time, how to answer properly. They will help you study and that will also help you prefer prepare your application. Whenever you write your essay, that will help you read it and give you some advice.

Maria Noriega 08:18

Having a mentor outside my high school really help me. I know it's not the most conventional way, but it's really important to have a mentor. It doesn't matter if it's from your high school or it's a private mentor. But just talking to someone that has more experience on the topic, maybe can be your older sibling or an older passing that already changed process. Just asking for advice is for people that already been through that and they have more experience. Because the first time that you're exposed to college applications can be intimidating. But once you talk about it with someone that's already been through that, it will help you a lot. Just ask questions, whatever doubt that you have, people always be willing to help you with that and just be honest, be yourself, bring your essay. And also I think it's very important to have like backups. I

know people only have one dream college that they wanna go, but I don't know, it's always important to have multiple options if things don't go your way.

Question 09:36

It's true. How can I choose the right extracurricular activities?

Maria Noriega 09:44

So this is a really interesting question because personally when I was in high school, I focus on the things I liked doing. I love dancing. I love sports. So I was in those because I enjoy doing that and others. I'm not saying I didn't enjoy it, but I did it because I knew they will help me getting into college. For example, I was in the chemistry club and I was in the biology club. So I know those will help me for my application overall. So I think it's important to have balance. I don't think it will help you personally having a lot of activities only to get into college that you're not enjoying. Cuz I know people will set up or be part of all these clubs just because they will help them in their application, but maybe it's not what they're passionate about or they're not really enjoying that. But also, if you only focus on activities that you enjoy but would not help you later on. You're gonna have fun, but it's not really gonna make, you're not gonna really stand out on your application. So just do things that you enjoy, but also know that it will help you later on.

Question 11:20

How can I cope with something like exam anxiety?

Maria Noriega 11:24

I think that's something we'll have gone through at least at what point of real life. And I think it's really important to be prepared. For example, there are a lot of mock tests that we can do. Usually professors give a template of how the test will be. So it's really similar, but they're not the same question. So if your professor provides you one of those, you can start practicing on your own. So once you're in the real test, you feel more confident about yourself. And that also help you not only knowing what type of questions you'll be given, but also match your time. At least that's something I kind of stress about when we have like a short period of time to answer the test. Maybe use kind of like time on one question a year, like, oh, I need to hurry up because I have more question stuff. So I really like practicing my time before the test. And if the professor doesn't give you a mock test, you can always do your own. You can go through your lectures and kind of like make questions that are related to the topics and try to answer it on your own and set up like a kind of fake test environment. So whenever you go to the real test, you'll feel more prepared.

Question 13:05

How should I make friends at a new school?

Maria Noriega 13:10

I've been, I've live in really, I've been in, sorry, I've live in a lot of different cities. So I think it's always scary when you move to new place. But just be yourself. It's really important that you don't fake who you are just to make people like you. Your true friends will like you for who you're. So it's really important to avoid peer pressure or just know that the people that you hang out with all the reflect on the, the person who you are. If you hang out with people that like lying or making fun about other people or they're not, they don't have values, that can affect your personality and the quality of person that you're.

Question 14:07

Okay.

Maria Noriega 14:07

So just surround yourself with people that have good values and have good qualities because that will help you grow as a better person. Always try to find people with your same interests and just people that you enjoy having time, spending time with them and make you feel special and make you feel love. And it's really important to surround yourself with people that really care about you. And it's like at some point you will learn that it's better to have fewer friends, but they're real friends, then having a lot of friends that are actually not your true friends.

Question 14:57

And then.

Question 15:05

What are some effective note taking strategies you have?

Maria Noriega 15:11

So I remember in high school we use a lot of books. I don't feel like we use a lot of folks or textbooks in college. But I will like reading the chapters on my own after class and just highlight important things and then take notes or also take notes during class. But just about the most relevant things. You don't have to have a lot of notes because then when you're trying to study, you will have a lot of words that maybe you don't really know what they understand, sorry, what they mean and you wouldn't be able to understand that. So at first I remember I will want to write everything down. Then when I go back at it, I was like, I don't really know what this means. So either you're in class or at your home after class, just try to take notes and what really matters and things that you really understand. Like for example, if the professor is explaining something, take notes on your own words and you can put examples or you can just put like short words that will remain that you will remember what it means. So sometimes it's easier to write the notes on your own words then the words that are given because they're more like formal or scientific. So just be organize. That's really important to have like, I don't know, like

subtitles like okay, this chapter is about this and then this is a different topic, this is a different chapter. So just have titles and subtitles and reorganize so you always know why you're reading and what you're saying because sometimes we take notes and then we don't look at them after two weeks. So it's easy to forget about it if we didn't do an organize way, you're not as specific about it.

Question 17:31

What's your motivation to complete assignments?

Maria Noriega 17:36

I personally care a lot of online grades. So my motivation is to finish my assignment in the better way, possi in the best way possible so I can get a good grade. But the motivation depends on everyone. So I know a lot of people have different motivations. I know some people think like, okay, if I finishes assignment, then I'm free. So I have more time to play video games, where I have more time to go to the gym. So it's important to find your personal motivation cuz whenever you finish that, you accomplish a goal of your own that will give you a satisfaction.

Maria Noriega 18:23

Since I care about my grades, I try to make the best assignment possible cuz I know I'll be happy whenever I get a good grade. So if you wanna make yourself proud, if you wanna make your parents proud, if you want to get good grades, if you want to apply to grad school, so you have to have good grades, whatever motivation you have, set a goal and whenever you're done and whenever you accomplish that goal, you'll feel really good about yourself.

Question 19:00

Then how do I handle a conflict with a teacher or a classmate?

Maria Noriega 19:10

I believe that people understand each other when they talk issues out. If you're feeling bad about something, if you're having an issue with a professor or classmate, it's really important to talk it out, be honest and be clear about it. Just state how you're feeling and also propose a solution. That's really important. Not only talk about the bad things, but also say like, okay, I'm feeling this way, I'm not happy about this, I'm having struggles with this, but here's a solution. So it's really important to focus on the batchings, but also on the good things so they can also be more open about it because if you only talk about the bad things they can act defensive and say like, no, that's not my fault that's your fault but when you offer a solution then you can focus on the good things and whenever you agree on something you kind of leave the problem aside and you're only gonna focus on the solution for now so always be honest never keep those issues for yourself you're gonna fix the problem whenever you talk it out to whoever you're having the issue we, it depends also on everyone some people pick their major on when they're on what

they're passionate about if you're really passionate about, I don't know, dancing and that you wanna spend your whole life dancing.

Question 20:52

I totally agree with that. What's the best way to choose a College Major?

Maria Noriega 21:25

I think that's the way you can pick your major. You have to pick something you love doing, that you enjoy and that you wanna spend your whole life doing that. Because, for example, I've been told that I could be a really good lawyer, but I'm not really passionate about it. So I wouldn't wanna get myself into something that I'm not gonna enjoy on the long run. But on the other hand, I really like medicine. I like reading about medicine and I enjoy it. But I also don't say myself as a doctor, like that's not the type of lifestyle I will wanna have in the future so there are a lot of points that are important to focus and you always have to think on the long run in the future so one point that is really important always focus on your passion and the things you enjoy but also thank whenever you're in college thank if you will like all the subjects cuz I know a lot of people drop out of the major because or change the major because they think they like that subject but then when they're studying it I'm oh, I thought I don't know I thought finance was gonna be this way but now that I'm studying finance it was not what I thought it was gonna be so then they change to something else. So it's really important to research about it. Ask people, you can ask friends or family that study that. So ask him like all the classes and see if that's something you willing to go to and just reach the research like the careers, the paternity careers and see if that's something you're insist said and just know if that career is something you would like to do for the rest of your life.

Question 23:26

And.

Maria Noriega 23:33

And so people also go about like if they really care about the money, even if they're really passionate about ours, they're not gonna study art because maybe they think they're not gonna make a lot of good money on art so they go to something else. So just know your intentions, know your passions, know your goals and find something that has all the qualities and all the aspects that you wanna, that you want for your future.

Question 24:06

How can I improve my public speaking skills?

Maria Noriega 24:12

Something I will personally recommend, there are a lot of workshops or classes for public speaking. I think those really help because practice makes perfect. No one was born with talent of being the perfect public speaker. That takes time and that takes practice. So I know that can be something really intimidating and a lot of people are scared of speaking in public. But if you never give the opportunity to yourself to go there and sword speaking in public, you're never gonna accomplish your goal. Sort by little steps. Start with a smaller group of people. Maybe you can practice with your family, you can practice with your friends and start getting a bigger crowd and the more practice you get the better you will be. You can do it alone, you could teach yourself how to, you can read about it, you can watch videos about it but having a mentor and having a professor taking like this workshops they offer that really help because these are professionals. So we'll give you a lot of tips about it and we'll give you classes about it that will develop your skills. Support speaker.

Question 25:47

How do I build self confidence?

Maria Noriega 25:52

I think that's a really good value to have, but it's also really difficult to accomplish. It takes time. But I will advise you to write the things that you like about set about yourself and focus on the things you like about yourself. If you know you have good hair or if you like your eyes, if you like the way you dress, focus on those things. And then also you have to be you have to know which things that you don't like about yourself. For example, maybe I don't like the way I am with my brother, but. Also be worried that if you don't like that, you have to be willing to change that. If you don't like the way that you're with your brother or you don't like the way that you, I don't know, but maybe I don't like that I don't workout, but I'm willing to change that.

Maria Noriega 26:50

Whenever you give opportunity to change the things that you like about yourself, later on you will feel better about it cuz you, I know it's your issues, but you gave yourself the opportunity to work in that and be a better person. So always keep in mind the good things that you have, but also keep in mind that the bad things that you have, they're not forever and those depend on you. If you wanna get better, if you wanna change those things, no one can change that about you unless yourself.

Question 27:37

Okay, how can I avoid procrastination?

Maria Noriega 27:43

One thing that really help me, it's on my weekly schedule. So it's always good to remember whenever you have something do, it's really important to keep those dates online. So I know it's

easy to forget. That's why I would recommend having a planner or agenda or a weekly schedule. So always write those dates down. You have to highlight them or just make them visible so you don't forget. But also plan ahead of time. If you have an assignment to Friday, it's really important to focus doing it at least one day ahead of time at least one day before like maybe not start on Thursday, but have it in done by Thursday if it's to Friday because it's easy to be lazy and it's easy to get distracted when you're working on it. If you think that you're gonna get it done by Thursday and you start it on Thursday, maybe you get distracted and then it's Friday and it's not done so then you're gonna have less time to work on it. So always give yourself plenty of time to finish your assignments before the due date so you're gonna feel way better when it's Thursday and you know that you already submit your assignment even if it's to the next day. So at least when I know that I have some hours left to submit it and I'm still not done, that makes me really anxious. So it's gonna help you a lot to be an organize student whenever you finish your assignments before the due date, like at least one day or not couple hours, but at least like five hours because then you have more time to sort doing the next assignment and not let like all the assignments for just one day.

Question 29:53

Okay.

Question 30:06

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

Maria Noriega 30:11

I think the first step is to recognize that you're dealing for your problem. Sometimes we can be anxious sometimes we can be depressed but we don't really acknowledge it maybe we're aware but we don't wanna admit it so we just like ignore it. So the first step and the more the most important is a knowledge that you're not okay and they're starting to be a shame off is really important to talk it out you you don't wanna keep it to yourself because sometimes it's harder if we wanna work it out by yourself. It's always important to rely on people you trust tell your parents, tell your brothers tell whoever ma family member you trust maybe your friends and it's always super important to reach out for help. I know we're strong, but it's not bad relying on other people.

Maria Noriega 31:25

Therapy, I know there's some stigments about it, but it can be really helpful. I think everyone should give therapy a chance, having a counselor, having someone to talk to, especially if their professionals can't really help you. Because I know we can tell our family or friends, but there's also s a sort of bias there. Even if we wanted to or or close friends or close family connect, sometimes they're not gonna give us the best advice that we need because they cannot be professional. So if you reach out to someone that knows what they're doing and they're

professional about it. They will give you the best advice without bias. And we'll just recommend never keeping those issues to yourself. It's always important to rely on someone else and know that we're not alone. We can, we always have someone out there that cares about us.

Question 32:40

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

Maria Noriega 32:46

I think it's really important to always rely on people we trust. Sometimes we don't wanna talk to anyone. Sometimes we just wanna be alone. But for the nature of the human being, it's like scientifically proven that we're happier whenever we surround ourselves with our loved ones. So it's important to set yourself out there and make new friends. Try things that you like. For example, if you like yoga, go to a yoga class, interact with other people and just take it step by step. It doesn't have to be addressed to go change from one day to another. You don't have to be super social from one day to another. But if you have a really good friend that you trust, start hanging out with that person and then start seeking other people that you trust. Meet new people. It depends also on your personality, cuz I know there are extroverts and introverts, so it would never work the same way for everyone. But it's important to start dealing with that problem with the people we trust, family members or friends. Just talk it out, say how you feel and they can also give you an advice on maybe set a goal like, okay, if I'm feeling lonely and I wanna change that, I'm gonna hang out with my friend one day a week if I'm busy or whatever, I'm gonna set a time to go out and have lunch or hang out with them. And whenever you sort surrounding yourself with your friends and family, you're gonna decrease that feeling of loneliness and you're gonna feel more confident and loved and you're gonna enjoy their company because you trust them.

Question 35:03

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

Maria Noriega 35:11

I think that's a really sensitive topic because nowadays we're exposed a lot to social media and it's really easy for us to compare our bodies to those perfect bodies we see on Instagram or we see this influencer or these models. And I know it's really easy to say like, oh, why can I be like, but it's always important to remember that not all the things that we see in social media or through, we have to learn how to love ourselves and how to accept ourselves. And it's also important to set goals, but health goals. If you wanna be stronger, if you wanna be skinnier, if you wanna lose weight, if you wanna gain weight, depending what's your goal, you have to think how you can accomplish it. If you wanna lose weight, that you should reach out to a nutritionist and talk about it and plan a healthy diet. If you wanna gain weight, then also plan a healthy diet. If you wanna get more tone and you're gonna be more muscular, then you can find a healthy diet

and go to the gym. So just, it's always important to reach out to professionals and it's always important to do it the healthy way. It's always important to have healthy habits like going to the gym, sleeping well, avoiding addictions, eating healthy. And don't let yourself go through the easy way of stop eating or hurting your body because that's never the answer.

Question 37:10

How can I print prepare for the transition to college life?

Maria Noriega 37:16

I really encourage you to talk to people that are averting polish. If you have siblings, you have costns, if you have friends that are really in college you can talk to them and ask them for advice or just ask them how their life is whatever doubts that you have you can just talk it out with them because I know it's really intimidating going to college because your life is gonna change completely so something that really help me was just having and the scope of what it was gonna look like I had many doubts and it's really different the idea that you have of college then when you get there just talk to someone that's already been introduct process they can give you advice they can give you like a real scope of how it's gonna look like so you can be more prepared you can watch videos you can talk to your mentors you can talk to your advisors and just also is really important to set a goal I know people wanna go to college to 40 I know people wanna go to college to focus on their future career so don't let yourself distract with other things that are not your priority and just enjoy your time there and whenever you have a goal you will make your you make every day count every year count because you can go really fast. So just remember that you're there for a recent. So whenever you finish those three years, you're gonna, you accomplish your goal and you accomplish ear dream.

Question 39:21

What do I do if I'm experiencing discrimination or bullying based on my race or ethnicity?

Maria Noriega 39:28

So it's really important to be proud of where we come from. It's really important to remember our roots and our culture and no one has a right to make fun of yourself because you're an easy or race or culture. So I know the schools have really strict policies about it and it's always important to never stay quiet, always reach out to people, talk to your professor, talk to Dean, talk to someone that is in charge and they're always gonna make justice. They will never let these people keep making bullying to other people because of their race are they will always make think about the situation. So always talk to someone about it and you can find a solution to put an end to that.

Question 40:28

I mean, how should I develop leadership skills if I wanna be a leader?

Maria Noriega 40:38

I would recommend reading books about it here. Always really good examples or really good advices on the book or maybe a workshop that also helps you a lot because when you're in this type of groups that focus in leadership, you will learn a lot base on experience. It's really important to read about their, watch videos about it just to learn a little bit more. But whenever you are in a real life situation, that's the best way to develop those skills there are really fun workshops. It can be different types. They're like church group where there are just like group of teenagers that focus on leadership skills or there are also leadership groups in college. Sometimes they're like focus on your major.

Maria Noriega 41:40

There are like lead leadership groups for like pre law or pre med or business. So just focus on what type of leader you wanna be and start surrounding yourself but people that have the same goals as you and the same values. So if you are really interested in business and you wanna be a leader in business, search around yourself with people that think the same way they do and through making a positive change within year group, it's always important to practice leadership every day. And just whenever you surround yourself with other leaders, that's the best way to improve and learning and be a better leader.

Question 42:43

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

Maria Noriega 42:49

That's something that a lot of people go through and it's normal. It can be confusing and it will take time to know what you really want or to discover yourself. That's totally normal.

Maria Noriega 43:06

Normal. You should focus yourself and you should focus on your needs and how you're feeling and stay true to yourself. It can be scary and challenging. So I would never advise to deal with this difficult situations by yourself. Just go with someone you trust and if you're really feeling confident about it, you can just tell them how you feel. You can also surround yourself with people that are going through the same situation or just talk to specialist, talk to counselor, talk to therapist. And people that are professionals on the topic can give really good examples and really good advices. And I would just advise to go to someone that can understand topic and will never judge you. It's really important to trust and talk to people that will give you the best advice. And I know it's hard to know if they're giving you a good advice or not, but I will try to avoid talking to people that will give you a bias advice and you just don't listen to to like the bad comments. Just focus on the positive side of your challenge and it's gonna take time but always stay confident and say true to yourself.

Question 45:04

How do I handle conflicts with friends or roommates in college?

Maria Noriega 45:09

Sorry, I think it's really important to talk it out as well.

Question 45:11

What do I do if I'm having conflicts or disagreements with my friends or roommates in college?

Maria Noriega 45:23

You can always provide a solution. For example, if you think your roommates are really messy and you wanna have a cleaner apartment, it's important not to just go there and tell them like, oh, I think you're really getting really messy and you never clean this and there's a lot of trash, blah, blah, because they can get offended and they can get defensive about it. So on the other side, you can tell them like, okay, I have a proposal. What if we clean every week? For example, I'm gonna clean the first week and then you clean the second. So just present a proposal, present a solution and talk it out and always have a good approach it's it always depends on the approach you have if you get there is for being aggressive or user being problematic then they can get offended and they're not gonna be really helpful but if you go there and are positive and are willing to present a P a proposal or a solution they can hear you better and they can understand the problem better and then will be more willing to help to put an end to the problem.

Question 46:50

And then the last question is, how can I make a positive impact on my community and the world?

Maria Noriega 46:59

I think it's really important to set a goal you can focus on something you're passionate about if you're really passionate about climate change you can make a good impact on base on climate change or if you're really passionate about feminism or or ending hunger or religion it's really hard to make a positive effect sorry a positive effect on like a lot of topics so it's important to start with one topic that you're passionate about and sort by your community then you can grow bigger and bigger like your nation or the world so just make a topic focus on that and set goals and say okay, I will like one day to see this change like if you're really into a climate change and animals let's say that you care about animals going into extinction so you pick an animal and you wanna protect that it's always important to come up with a plan and seek for people they're willing to help you and that's a good way also to practice your leadership skills. So just always be willing to do the right thing and surround yourself with people that also think like you

and also wanna do the right thing. And whenever your intentions are true and whenever intentions are the good ones, you will always end up doing the right thing and people will follow your passion and they will notice you get intentions and they can join you and you can start small, you can start gathering people and then just grow by making a group or something. You can also collect money and donate that money or if you already find a cause that you, if you already find an association that you like, you can just join and help. So it's really important to find topics that you're passionate about and you would like to see a change on that and read about it and explore. There are a lot of different groups out there, different communities, different associations that are already working on things that you're passionate about and maybe you don't know. So you can just search it up online and start exploring those things that you wanna make positive impact on and learn from others and just try to get advice and work on that for yourself.

Alright, and you went through the college application process, right? What should I do if I'm feeling overwhelmed by the full process?

Maria Noriega 00:21

Well, I consider it's a really long and stressful process. So it's important to take it step by step. It's important not to let everything for like very last day. It's important to make a plan and just like divide the steps of the application for different days, for different weeks. Like you're gonna do your essay this month and then you're gonna start like other parts of the application next month or next week. So when you divide all of your duties and you do it like step by step, then it won't feel as overwhelming as doing it like all at once.

Question 01:07

And then sorry, give me one second. Did you plan the career path that you're on or did it come naturally for you?

Maria Noriega 01:27

No, actually, before I started college, I was talking to people that were already like professionals in their career or they were in college and I was just asking like, oh, how do you know what you wanna study? Cuz I, so it's really natural to feel confused when you're still in high school. And they were telling me that it's really common that have when you through college for a year or two, you change your path because then you sweating, you start to take a lot of classes and maybe you feel that what you're doing is not what you wanna do later on or you discover something that you like more. So it's normal to change your path and I did it. I started studying something my first year, my freshman year and then I switch my major and then now that I'm doing my masters, I also switch my path. So I feel it's totally normal. There's a lot of people that do it. Like most of my friends have changed their majors like two times. So I feel like when we're

in high school, we're so young and maybe we don't really know what we wanna do until we're really exposed to it. So no, I'm still figuring out, going good.

Question 02:53

Hum, how's your master's program going?

Maria Noriega 03:02

I'm doing health science right now. So I did chemistry for my undergrad.

Question 03:06

Hello.

Maria Noriega 03:07

So I'm trying to connect chemistry and science.

Question 03:12

Do you wanna do something with like sun? Do you wanna research or what's your goal? What's your degree?

Maria Noriega 03:22

So right now I'm doing research. But what I wanna do after I finish my masters, I wanna have like my own skincare brand. Like I wanna do their formula like as a chemist, I wanna do their products and I want to, I want to help science just to know if it's, like whenever I do my product, to know if it's healthy for the skin and the body. And that's why I want to do.

Question 03:52

Did you have a hard time starting out in this industry in terms of chemistry? And did you ever come across any big struggles?

Maria Noriega 04:04

It is hard at first just because I feel like most of the science areas are dominated by men and sometimes they're gonna try to push you down or they're gonna make you doubt if you're good enough. So you'll notice that you're not given the same preference as guys or you're treated friend. But I'm, I guess that makes you stronger cuz you're trying harder than other people, so you're learning more things and you're getting more experience.

Question 04:48

How do I handle an instance when I get to college and I'm in a major like you and I come across feeling like I'm not being treated the same as a guy?

Maria Noriega 05:04

I think I feel that way like 4 years of college. So there are few girls in stem, but it's important to connect with those girls like even if they're your classmates or your professors or your advisor, like who whoever it is that you feel that you can trust them, it's important to connect with them and just ask him for advice. Know that you're not alone and there's other people struggling with the same issues here. And sometimes this these girls have more experience, meaning like they've been in the field for longer. So they have lot of advices to give to you. And I just like to be positive and think like, well, maybe this is for a good change. Like maybe we're struggling right now, it's because we're gonna make a difference later on and the girls in the future are not gonna have to deal with this anymore.

Question 06:06

I love that okay, I have an interview coming up for and important like I'm go I'm getting into a really prestigious college right? And I'm I have an interview with like the people at the college. Do you have any advice for what I should say or like things that maybe you had done or have had interviews in the past where like, do you have any advice on that?

Maria Noriega 06:42

Well, I feel it depends on the on the area of study. But in my personal experience and talking to friends we know it varies depending on state which like where the university are going to in which state it is because sometimes we have our beliefs and ideologies and we go to another date where they think different. So I have friends that went to Mexico and for example, they were going to Texas and they were asking, oh, as a doctor, we use for abortion or not. Abortion is not legal in Texas. So they decided to stay true to themselves and they said, as a doctor, I will provide that service if it's needed. So they were not in favor of that and they didn't offer him a spot in that school. So I feel it's really easy to encounter the situations where your beliefs or values or ideologies are not the same as the people that you're being interviewed by. So I feel that's a dilemma. Most people decide to stay trusted themselves. Some other people will just lie to be accepted. But in my personal opinion, it's really important to always say true what to what you believe and never try to be someone else that you're then you're not to be accepted because at the end you're gonna get tired of faking it so if that university of that professor if they don't like you just because you're being yourself then it's not the right place for you so I feel that at the end of the day you're gonna feel more comfortable where you can express yourself really and you're surrounded by people that agree on what you think so just be yourself it's really important try to not to lie to impress or not to lie to just be accepted because if you want your application you're gonna have to keep lying and lying and lying and the and you're just gonna be someone that you're not.

Question 09:17

So now I'm gonna ask you situational questions. My boss and colleagues are treating me unfairly. Based on your experience, do you think I should move somewhere else?

Maria Noriega 09:32

First. I think it's really important to talk to them. I feel communication is, it's ideal for any type of conflict. It's really important that you express how you feel and maybe they have an answer for that. Maybe they have an explanation of why they're being that way. But if they're not willing to help, if they're not willing to change the situation, then I feel it's better for you to do a change for you feel more comfortable. If you're feeling like you're stressing out, if you're feeling sad, if you're not enjoying that anymore, then you don't have to stay somewhere where you don't feel good or you don't feel appreciated.

Question 10:24

Say I have a long distance relationship, how do I keep that how do I navigate the challenges of that?

Maria Noriega 10:36

Well, I think long distance is not for everyone personally or like talking to other friends. Some people like it, some people enjoy it or some people can deal with it and some people can't. So it depends a lot on your personality and the way you are. And it also depends on the person you're with. Cuz maybe if you're willing to make it work, but that person is not, then it's never gonna work out. It's as in any other relationship, you have to be with someone that gives the same effort as you. It should never feel like one-sided. So just have a lot of communication and always listen to your partner, but also listen to yourself. If you feel like it's overwhelming, then you shouldn't feel obligated to stay there. But if you think and feel that you're making it work and your partner is doing the same effort, then it can work. It depends on yourself and it depends on the person you're with. But always listen to yourself and do whatever you feel comfortable with.

Question 12:04

How have you had any experience with independent research?

Maria Noriega 12:14

I have never done independent research. I, all the research I've done, it's alongside a professor. They always have like their main research. Now I'm just like their lab assistant or their researcher assistant, not like an independent one.

Question 12:41

Can you share a favorite memory from your college dorm or college experience? Suggestion?

Maria Noriega 12:52

One thing that I really like about my dorm experience is that that's how I met my best friend it was my freshman year, like very first roommates I had. And that's like one of the first friends I did in college. Her name is Raquel and she's from Venezuela.

Maria Noriega 13:17

So I think we connect said really well at first just because we have a lot of things in common. We're both Latinas. We also did like, we were babysitters at that time. And I don't know. I feel like we had a great connection and we had a lot of things in common. And I really enjoy being her roommate.

Maria Noriega 13:41

Then after that, she got a boyfriend and they move in together. But her friendship was still strong and she was years older than me. So when I graduated college like the same month she got married. So I was through Brightsmith. And that was just I don't know. I was really emotional about it because she was like my, one of my very first friends in college. And I saw her like grow by herself and grow with her relationship over those four years. So after I finish my college experience, then she got married. I don't know when they were telling their vows and they were saying like how they met and everything. Like I remember she came back home and she was telling me all about it, like how she met that like for now husband under first date. So I don't know. I really that like making that friendship with her and being with her through like out of different stages over those three years.

Question 14:54

Awesome. I love that. That's so cute. Did, was the wedding here in California or was it somewhere else?

Maria Noriega 15:01

No, we're from Alvin cracking hum.

Question 15:04

Okay. So was it an Albuquerque? Was there like a specific theme of colors or anything?

Maria Noriega 15:14

Well, the boy, well, the husband now, he's like, or redneck. He likes country music and everything. So we went to Nashville for her bachelor. Right, for party. And the warning was like cowboys style.

Question 15:32

That's cute. Did you wear a dress to match all the other bridesmaids?

Maria Noriega 15:36

Yes. We were all wearing the same pink dress.

Question 15:40

Cute. How do you celebrate achievements, big or small, in your college journey?

Maria Noriega 15:51

I feel that's a really important thing to do. We should always be proud of our achievements and achieving our goals. So it can just be something small like train yourself with candy or cake or like something you like a good meal, like going out for lunch with your friends, with your family, by yourself. If you've been putting a lot of work, like if you're in your finals or midterms week and you've been stressing out and you've been studying a lot and you ended up week and you did good, then you can just take a rest, take a nap, take a day off and watch movies, like whatever you're feeling that will make you feel better. Like if you haven't had an app in the whole week because you were studied, then you can just nap the whole day and eat some good food. It's important to have a balance. Like we shouldn't be chilling and napping all the long, but we shouldn't also be studying all day long. So if you work hard all week, then you can have Sunday off and just relax.

Question 17:08

Awesome. Anna, can you share a lesson you've Learned about yourself since starting your master's program?

Maria Noriega 17:21

Yes. I feel that I've Learned how to, oh, I'm still learning how to have balance. I feel like when I was doing my undergrad, I was putting a lot of effort into schoolwork. I was always studying and always like doing homework and I was really focused on my grades in school. And yes, that's important, but it's also important to check on yourself and see if you're doing okay. It's, I feel at some points not worth being stressed every single day just because of your creates. Like, yes, school is important, but also like listening to your body, listening to your head, your thoughts, like that's most important and just being in a good place with yourself. I'm trying to learn how to listen to what my body needs like I've been studying a lot and I just need to take a break like it's okay to take and then after it's okay to like stop studying and stop reading and just do it the next day like it's easily to get burned out when you're in school so it does like even if you study for a whole week nonstop it's not gonna work if you're tired like you're not gonna learn anything so it's important to take breaks and relax once in a while.

Question 18:42

More you.

Question 18:59

Awesome. How do you stay connected with your family while being away at college?

Maria Noriega 19:05

Well, my family also lives in our tricky so it's not really close we don't have direct bytes like twelve and a/2 hours driving so I visit them whenever I can. I feel I talk with my mom the most just because, well, I have younger brothers and the youngest one like his, he doesn't have social media and he doesn't uses, he doesn't use his phone a lot. So it's a little bit hard to talk question. But I talk with my mom did most because she doesn't work. So she has a lot of free time, I guess. But I just try to talk to them like at least every single day, if not any other day, but Facetime, call them, just give them updates and hearing updates from them, ask how they're doing and just don't lose the contact or communication.

Question 20:14

Awesome. I love that. How do you manage your mental health and well being in the midst of a really busy school year?

Maria Noriega 20:23

Well, it's also important to be surrounded by people who care about you and love you. Here, Cooper, friends, if you're dating someone, your family, even if they're not. Thank you. Physically, just like calling them face hanging or if you have them there, just like doing something together like going for a walk, going for lunch, going, I don't know, to defeat to movies. So also like taking time for yourself.

Maria Noriega 20:58

It's important. Listen to your body, listening to your thoughts. If you're feeling tired and your body needs to rest, if you're feeling hungry, you need something to eat. If, I don't know, you're in pain and you cannot work out or if you need to move and be active and workout. Like. It's always important to just learn how to take a step back and relax. And sometimes, well, at least that's one of my issues that I'm like a workaholic. Like I always need to do something to feel productive. But it's important to know that you need a rest too.

Question 21:45

Awesome. Can you share a proud moment when you accomplish something you initially found challenging? So like something that you used to think was really hard and then you finally accomplished it and now you get, you're proud to say like that you did that.

Maria Noriega 22:01

What I thought getting into grad school was hard, especially cuz I feel like my advisor made it sound like it was really hard. So it was challenging because I had a car accident during my

undergrad. So I failed couple of classes because I was in the hospital. So it was like midterm season so I couldn't do some midterms and I spent like half this master in the hospital so I couldn't but I couldn't physically do homeworks or go to the final so I had to well either drop or fail those classes so I was taking a lot of classes of same time and I remember like at the end of my junior year I went to talk to my advisor and I was like hey, I wanna go to Grascall she was asking me like, oh where do you wanna go? And I told her my options and she was like looking at my GPA and my transcripts and everything and I think at that moment I had like a 3.7 or 3.8 GPA something like that and she was like, well, I don't think that's enough. You need to do better if you wanna go to grad school so I was I don't know, I was like panicking. Oh, maybe like I'm not gonna be able to get in so I remember I work really hard during my senior year I got like 8 pause in all my classes so I got like a 4 point to GPA on my 2 last semester so I dot off my GPA to like 3.9 something like that and I applied and I got accepted to the old school site I applied to so I don't know if it was as hard or I just or my advisor make it sound like it was really hard, but when I accompany should I felt really good about it.

Question 24:18

Awesome. What, where'd you go to? Underground again?

Maria Noriega 24:23

UNM say university of Mexico.

Question 24:26

Okay. And then how do you approach networking events or career fairs that you've been to? If you've been to any? Have you been to any?

Maria Noriega 24:39

Well, I, I feel it can be really overwhelming at first just to go and have that approach to people.

Question 24:39

How do you approach the.

Maria Noriega 24:50

It depends on your personality, but I know it can be intimidating for some people to start a conversation or introduce yourself to strangers. So. It's easier to say than to do it. But it's important to know that they're not gonna judge you.

Maria Noriega 25:12

I feel that these people are actually really happy that you have the energy and just like want and go and talk to them whenever you reach out to them and just like ask some questions or show interest. Like they really like it and that's a good sign for them. So I feel like the Mo, the more

efforts you do, the better they like you and that talks good about yourself, like having that motivation to go and just demonstrate that you have leadership abilities or that you're not like shy. So they're always willing to help you. They're always willing to give you information. So it doesn't matter if you have a lot of questions, they're always gonna be there to answer it for you. And at least in my experience, all the people like Topview, they're always really helpful. Even if for example, like I remember in carry your fear is like, I don't know me as a chemist, I went up to a company and they were like, oh, sorry, we only hire engineers. So there's not really much that you can do about it if that's not you measure. But they're always like, we don't hire other people. There are nine engineers, but like this company does. So like they will they're Al they're always willing to help you even if they cannot hiring you or if even if it's not your field, they will always recommend something other something else in your field.

Question 27:02

Okay, another situational I'm constantly having to complete or redo my coworkers or partner's work. What should I do?

Maria Noriega 27:13

Oh, sorry, can you repeat it again?

Question 27:17

I'm constantly having to redo my partner's work or complete that their work. What should I do?

Maria Noriega 27:25

Well, I think it's important that you talk to them and if it's going on like really often if it's happening more than twice, maybe surprisingly, you let them know that they're not doing their work in a good way and that you're happy to redo it for them because if you don't speak for yourself, then that's gonna become an issue. Maybe they're not noticing that they're doing it wrong and maybe they don't know that you're redoing it for them. So they're gonna keep making the same mistake and you're gonna spend a lot of time redoing their work. So just tell them in a nice way, obviously, hey, what you're doing this wrong, but here's a way that you can improve it. And so now they know how they can change that. Now they know how to make it in the right way. So first they learn something and second you're gonna save yourself time. So I feel like communication is always pretty important to fix conflicts.

Question 28:42

I agree. I've taken over from. I've taken over from a fantastic leader who the team were very fond of and miss. Unfortunately, I feel like they resent me and want their old boss back. Back. How can I cut through the team's hostility and get them to at least respect me as our new boss?

Maria Noriega 29:04

Well, also I feel like communications is key. You can have a group meeting and you can hear both sides of the story. Like you can express your feelings, you can express your wants and needs, can just tell them how your. Your feeling and what would you like to see in exchange. But you can also hear their thoughts and they can also express what they're liking, what they're not liking and what like each party can do to change that issue. Like maybe they have suggestions like, hey, we're sorry but we don't like when you do this and this and this or we will like it better if you will do this instead. So now you know how you can improve it. But also you can tell them like, hey, I would appreciate if you did this so they can work on it too.

Question 30:00

Okay, what's your favorite way to unwind after a stressful day? Like self care. Like, what's your favorite self care?

Maria Noriega 30:18

Well, I like going to the gym cuz I feel that's how I relieve a lot of stress. And then after the gym at taking a shower. I love taking showers. I don't know like to me that's like, I don't know, like a way to relax just like having the hot water and just like doing like South Korea like skincare and putting lotion that to me is really relaxing. And I also like sleeping a lot like I feel like I nap whenever I'm stress. So would you say like going to the gym then like after gym you're feeling hungry so you eat a good meal, you take a shower and you go to bed. So you're feeling like.

Question 31:05

How do you handle self doubt when you doubt yourself?

Maria Noriega 31:11

That's really normal and it can happen like anytime and it can happen to anyone. Sometimes we just need to be reassured of who we're in, our value. If you're feeling that way, you can talk to your therapist, you can talk to your family, you can talk to your friends, you can talk to your partner, you can talk to people you trust. And sometimes we're really hard on ourselves and sometimes we don't see our value. But others will see a lot of things that we don't see in ourselves. So you can just express how you're feeling and they can reassure you. They can like you, I don't know if you feel that you're not as smart or if you're not as pretty or whatever. Like they will always tell you the things they see you and it's just good to hear it I thought it but also in a for personal way I feel it's important to know that like our thoughts are not always true sometimes we're just like really harder on ourselves and we sort like thinking that we're not good enough when none of that is true so just try to always be positive and talk to you nicely never make you feeling better by yourself cuz I our thoughts are really powerful so if we think that we're worth it if we think that we're pitiful if we think that we're smart then that's gonna reflect but if in the other hand we think badly about ourself that's also gonna reflect in a bad way. Just be patient and be kind to yourself.

Question 33:08

Can you remember a time recently where you stepped out of your comfort zone, and did that go well for you?

Maria Noriega 33:16

I feel like with this new job that I have, it's like a little bit out of my comfort zone because when I was doing research, it was just me and the professor during undergrad. But now I have to do a lot of teamwork, which I'm not really used to so now like all the research I'm doing with a group of lab mates and then we work alongside the professors. So I think it's going out, it's going good right now because I'm learning like this new skill that maybe I wasn't working on it a lot back then and knowing how to work with a group of people is always a good skill to have.

Question 34:14

What should I do if I'm experiencing impostor syndrome in my career? Do you know what that is?

Maria Noriega 34:24

I think I have an idea of it.

Question 34:27

Okay.

Maria Noriega 34:30

It's like if you were gaslighting yourself, right?

Question 34:31

Okay.

Maria Noriega 34:34

Basically. Well, I think, as I said, our thoughts are really powerful.

Question 34:37

Hum.

Maria Noriega 34:45

I do believe like whatever we think, it's gonna come through basically. So if we hold that power in our brain or mind, we should use it for good. Sometimes it's hard to realize what we're doing. Like sometimes we're just like gaslighting ourself really hard. And it's hard to stop it or just realize that we're what we're doing actually. But just like use that power for good.

Question 35:15

Hum.

Maria Noriega 35:22

So use it like backwards. Just remind yourself what you're good at remind yourself who who you are and just try like stay positive and have positive and if it's hard but it will reflect in good way.

Question 35:47

Oh, how have you made a positive impact on your community and the world? And how can I be inspired by you?

Maria Noriega 35:58

So when I was in my under bed I double major so I did chemistry and environmental science so me and a group of friends is started like and environmental plus so we did a little research and we were noticing that a lot of or tuition was going for like the school use that money to fund like soul in gas separations so that like contributing a lot to climate change so we open this cloth we gather some people and we did different rallies for advocating against climate change. We expanded our knowledge to other people that didn't really knew about this topic. And then we made a letter and we were basically demanding change to the school and the state. So we got that approve and it's right now, well, I'm not in that school anymore, but like the group of people or trying to make that as a Bill and get it pass. So I feel that's a good impact because a lot of people know how climate change works. Not a lot of people know what climate change is or if it's, it's real. Just like if you have that knowledge, it's really or like any other knowledge that you have s important to advocate for those who don't know what's going on. And by the end of the day, fighting for climate change is good for all. Like it's gonna be beneficial for everyone. It's not just beneficial for a group of people. So I feel like advocating for it and making a positive impact for all of the students. IUNA was really nice. It felt good.

Question 38:21

That's awesome. I didn't know you did that. That's really cool.

Maria Noriega 38:24

Thank you.

Question 38:28

How do you handle being homesick?

Maria Noriega 38:33

I feel staying in touch with my family. I'm really close with my family and it's like the first time that I'm living away for them. Like when I was in college, I was not living at my house anymore,

but it was like 30 minutes late. So I was like saying my parents or my brothers like really often, but now I cannot see them every day if I wanted to, just like staying in charge, getting updates, talking to them as much as they can to feel closer to them, face timing as well.

Question 39:15

And then, can you share a piece of advice you receive from someone else before starting college that proved to be valuable in your journey?

Maria Noriega 39:34

Well, this is more like emotional intelligence, but I think it really worked. So I remember when I was in high school, I was going through a hard time and I felt that I couldn't heal emotionally. Like I had really negative emotions and I felt that I couldn't like let those feelings go. So I talk to a professor and he told me like he gave me an example like, okay, imagine that you hit yourself. So I know you hit your arm with something so the pain you cannot choose to fill pain link. If you hit yourself like you're always gonna have pain like that's not optional but what's optional is suffering so you hit your arm and it's gonna hurt for a while you cannot avoid it, but it's optional to keep suffering. So if you're complaining like, oh, why did I hate my arm? Like it hurt so bad, like why do I do that? Like I'm so stupid, blah blah. If you keep like taking back of that pain that you failed and suffer from it, like you can actually have the choice of sub that he thought me that suffering is optional. So it's the same with feelings, like getting hurt is. Optional like if someone betrays you, right? If you go through a defi difficult situation and you feel pain, like you cannot avoid it, but keep suffering from that pain that you fail momentarily. If you expand that feeling for longer, then you're all you're the only person being hurt.

Maria Noriega 41:32

He thought me a lot about matching or emotions and emotional intelligence. So I really appreciate that because I feel like that made me aware of okay, it's okay if you're feeling sad. Well, you cannot filter forever.

Question 41:54

That's a great way to look at things. That's actually the last question of all of it. Great job. I loved hearing about your journey and everything.

Maria Noriega 42:04

Thank you.

Question 42:07

I'm getting to know you. I didn't know if I told you last time, but the banquet scheduled for March 30th. I don't know if you need that.

Maria Noriega 42:16

I don't know. I think it isn't even fine.

Question 42:21

Okay, so it is gonna be March 30th. We haven't sent out formal invites yet, but we're like getting a banquet hall and trying to make everything set in stone right now.

Maria Noriega 42:29

Okay, thank you.

Question 42:30

And everyone that apply to the scholarship is invited. We're gonna have anonymous voting. Basically, our team is gonna come up with our top recipients. And then after that we have like other people from the community vote on the videos and everything that you've done. So we aren't sure if we're gonna let the winners know before the banquet or we're gonna announce to add the banquet. We're gonna figure that out but but I'll keep you posted on any information I get of course.

Maria Noriega 43:06

Perfect.