

Alexa Caramazza : All Data (meetings)

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Keywords

good person little place good movie little cafe good place other person little quiz little businesses good friends little small good position good question little kickmarks little strawberries little checkboxes little bit little sad little canolis

Transcript

Question 00:02

Okay. Is that your new room?

Alexa Caramazza 00:07

My roommate cat threw up on my bed, so she's in shambles at the moment, but it's okay.

Question 00:13

Oh, no.

Alexa Caramazza 00:14

But this is my room. She's a little small. In my closet is like my desk is in my closet because I don't really have anywhere else to put it, because that dresser didn't fit in this little space. So I have it kind of like a little DOC. I'll show you. There's like my jewelry in my mirror and then my little desk.

Question 00:35

Thank you. How's Water, Girl?

Alexa Caramazza 00:40

It's good. I am still loving everyone. The new girl, Malias, doing good. I definitely think we need more people, but we always need more people. I feel like, if I'm not at watergrow, which definitely isn't really my favorite way to spend my weekend, but I would say my favorite way to spend my weekend is probably, if it's warm enough, going to the beach with my friends.

Question 00:56

Okay, so these the questions I gave me to ask you what is your favorite way to spend a weekend if you're not a watergirl?

Alexa Caramazza 01:22

I feel like drives are always really fun, like on the weight of the beach and like back from the beach, it's always lively and like everyone's listen music and just having fun. But then afterwards, probably going to like farmers markets. The Ocean Beach Farmers Market is my favorite. But I also been to other farmers markets that I love, I, every Sunday, actually, I have family dinner with my parents. And since I've been working so much, I have like family breakfast, lunch or dinner, depending on what time I'm off. But I always make in time for that just because when I wasn't working at Watergirl, it was convenient for me to always have Sundays with them. So I would just spend the whole day at their house. We always watch a movie. We always watch Moana, honestly I know it's so cute, but I'm like just spending time with my family and my pets that live there.

Question 02:14

I'm he's good.

Alexa Caramazza 02:21

But that's probably like the highlight always of my weekend, I would say.

Question 02:28

Love that. Moana's so good for no reason. Like the message is so good. I love.

Alexa Caramazza 02:35

No, it's so good and it's so cute cuz like, my dad is Hawaiian and I'm Hawaiian, so it's just like the vibes are just there and I just love it.

Question 02:46

Okay. What's your all time favorite movie and why?

Alexa Caramazza 02:56

Another Disney movie Princess and the frog has always been one of my favorite movies. And I don't know if it's just because it's, like, the cute little fairy tale, but it also has mixed in humor with a lot of good context that kind of relates to me. I guess Tiana is always working, always, like, fighting for what she wants and, like, kicking herself if she doesn't get it.

Question 03:23

Right.

Alexa Caramazza 03:27

But I feel like that really correlates to me because I'm constantly working to put myself through school and, like, paying my own rent and pay my own bills. So it's like, I guess it kind of has always been fitting for me because I work two jobs in high school, too but I just love that movie. And it's really funny, too.

Question 03:47

I didn't know you work two jobs in high school. That's a lot.

Alexa Caramazza 03:52

I was a nanny for, I was an overnight nanny for two infant kids who were also special needs.

Question 04:01

Oh, gosh.

Alexa Caramazza 04:01

They were, it was rough for, I loved them. They were amazing. But their parents worked graveyard shifts. So I was there overnight nanny. And they were like family friends, too, but they were coke and babies from the system that they adopted.

Question 04:21

My gosh.

Alexa Caramazza 04:23

So it's crazy. But then I just worked at a little cafe on the weekends, too.

Question 04:28

Okay. Wow, that's awesome. I did not know that. What's your favorite childhood memory, if you have one?

Alexa Caramazza 04:43

Be your child memory.

Alexa Caramazza 04:52

I think this one's kind of funny, but my family, we've always been really into camping. And we all had quads, and I had a mini pink quad, but there was something wrong with it.

Question 05:08

because oh 1.

Alexa Caramazza 05:08

I think the throttle would get stuck. Like the throttle would get stuck down, so I would be stuck driving. And the first time I drove it, it's probably for this reason that it's broken, but I rolled it down the cul, the sack. We lived on a cold sack, and it was like slightly on a hill. I'm just not the best driver with those kinds of things, I guess. Well, I wasn't when I was younger, but I rolled it down the cul to sack, and it was on my birthday. And it was like before I was supposed to go to like the gymnastics place for my birthday party. And like I was all scraped up. I was bruised. But it was just so funny. I was laughing so hard and it was just really funny. And like all my family was there and like some family that I like really never get to see except on special occasions but it, was just an eventful time.

Question 06:15

Do you enjoy cooking or do you prefer eating out and why?

Alexa Caramazza 06:22

Lately, I've been a lot better about cooking and like meal prepping. But eating out is a guilty pleasure. I am.

Question 06:28

I will be out.

Alexa Caramazza 06:29

I love going out because like my friends and I always go out and we try and try little, like small businesses. And there was this one place called Lata Verna. It was in like Hillcrest area and my friends and I went there like probably every month last year. And we would always go for somebody's birthday. But at that point I had seven roommates, so we were all going and they were always so accommodating and we just loved going out to eat there. So they would always pamper us and give us free, like little canolis and other things and it was just like super sweet. But I feel like going out to eat is always very fun cuz you get to talk to everyone.

Question 07:18

Oh, that took you. I love that. I wish I had a little place me and my friends go and they knew us. Oh, definitely.

Alexa Caramazza 07:24

I know you just try and find them. Cuz I feel like little businesses like that are definitely great for family kind of time with your roommates.

Question 07:35

I feel like cafe coyotes are like. But that's so like, I know.

Alexa Caramazza 07:39

I love Cafe Coyote. Cafe Corey is so good.

Question 07:43

So good. Let's see, what's a place you've always wanted to visit and why?

Alexa Caramazza 08:02

I've always wanted to visit Samoa because that's where my family roots from. Cuz I feel like I'm so distant, cuz I grew up in the States that I never really got to learn a lot about my culture. And I feel like a lot of like Hawaiian and Samoan and Tong and culture is really, like suppressed and hidden because like white culture is kind of just taken over. So it's kind of hard for us to learn about it when we're so far away from it. But I've always wanted to get a traditional tribal hand, like with the pick and the ink tattoo.

Question 08:41

Oh, you should.

Alexa Caramazza 08:41

And I think my dad really wants one of those, too, so I'm gonna try and look into getting one of those as like a family tattoo.

Question 08:52

Honestly, like, traveling is amazing. Like, when I went to Europe this summer, I Learned so much about myself and, like, it's great, like.

Alexa Caramazza 09:01

I think I'm gonna try my best to study, abroad this upcoming summer. If all goes well with myself financially, I'm gonna hopefully be able to like pay my way to study abroad, which sounds so rough, but I really want to do it while I'm still in college. So I think I'm gonna try and go to Naples, Italy. So I feel like that would be like a good access point for cuz I really wanna be near the water, but I feel like that'd be a good place to be where I can still access other places.

Question 09:36

If you go on the Aztec abroad database, they have a ton of scholarships. And I applied to all of them and I got a ton of money. So you could do that.

Alexa Caramazza 09:45

Really? Oh, I need to do that cuz I did the general scholarship application.

Question 09:47

Okay.

Alexa Caramazza 09:52

Do they have one for specifically for study abroad? I need to do that. I will do that literally after this conversation, that would be amazing.

Question 10:03

It I didn't like it a ton of money because I didn't applied all of them. I applied pretty late. But if you get ahead of it, I'm sure you could get money cuz my friend Katie went to Germany for free. Like she got everything paid for cuz she applied to a bunch of them. So if you could have any superpower, what would it be and why?

Alexa Caramazza 10:21

Oh my God, that'd be so nice. Cuz then I get pay off my student loans. That would be so nice. Oh my gosh.

Alexa Caramazza 10:47

I feel like flying is such a basic answer, but I feel then like it would be so convenient. Like I could go anywhere in the world just by fine. And I feel like that would be super fun. But then I also would like to explore underwater. So being able to swim just for hours and hours without having it come up and take a breath. But I'm also kind of scared of what's like not known in the ocean. So I don't know if I would actually wanna do that, actually so that I could escape really quick.

Question 11:17

So maybe teleportation if you get, you just teleport away?

Alexa Caramazza 11:28

That's smart. That's like the perfect medium.

Question 11:31

I think mine would be teleportation cuz I could literally just, if I was late to class, just teleport there. Like I wouldn't even have to fly. I would just be there.

Alexa Caramazza 11:40

That'd be so nice, actually. You're so right. That's really good. I think so nice.

Question 11:48

What's your favorite type of music?

Alexa Caramazza 11:52

I'd say my favorite type of music easily is RMB says. That is like my favorite artist, but I also like Summer Walker and like Jay Cole. But a lot of that music just like is very soul fulfilling, I feel like. And it's not like heavy rap, but it's very relatable and, like, kind of feeds to, like, how my life feels right now. And it's, like, gives you all these different options of, like, how you want to feel. Some of it's, like, soulful, like, good music. Some of it's a little sad. Some of it's, like, happy. But I love camping.

Question 12:31

Definitely love that oh, try to see. Do you enjoy outdoor activities like hiking or camping? Are you more of an indoor girl?

Alexa Caramazza 12:47

I grew up camping a lot because I'm from Tahoe. So in Tahoe, there's tons of really cool places to camp. And there's this one place called Ice House Reservoir. And that's when my family always went every summer for camping. And we probably went, like, four to five times a summer. But we would camp and just, like, we had a huge group of people that we would go with. And some would be intense, some would be in RVs. But it always was like the best time because there was the lake, but then there's also like hiking areas and there's this actually really big camp for kids that was there. And we did like a tour for it, but it was really expensive. But even just like getting to see it, they had like the huge like rope things up in the trees that you could, like climb on and it was really cool. But I love the outdoors. It's very people.

Question 13:45

I love that. I wish I went camping more. I just like remember being a child and like going camping one time and there was, we were like eating and then we all went to our tents and we left all our food out. And they were like, I wanna say like deer or like cows or like some animal just came and just eat all of our food.

Alexa Caramazza 14:05

Oh it's definitely a challenge.

Question 14:09

And we were all terrified. And I just remember being like I know I want, I need to do that more.

Alexa Caramazza 14:16

There's a lot of things that come with it that you have to be super careful about, especially food. But once you really get in the hang of things, it's really fun. You should try it more. There's a bunch of camping spots along the ocean, too, down here.

Question 14:33

I do. Let me see. What's your go to? Comfort food.

Alexa Caramazza 14:46

Mac and cheese.

Question 14:48

What kind?

Alexa Caramazza 14:48

Mac and cheese is like, I don't know what it is during like this semester when I'm really like in the rut of things. When school's really hard, I'm working too much. Trader Joe's Mac and cheese is so good. But then also my mom makes really good homemade Mac and cheese, but also like check in luggage.

Question 15:10

Yes, I love Mac and cheese. Oh, the water roll back is good.

Alexa Caramazza 15:14

It's so good.

Question 15:16

I love the water draw packages.

Alexa Caramazza 15:18

It is really good. Do you like the kids version or like the adult version more?

Question 15:23

There's the diff. There's two different versions.

Alexa Caramazza 15:27

So. The kids version doesn't have the seared hard, harder cheese on top. You know what I mean? Like it's just like the noodles. It doesn't have the layer of cheese on top that has like the little golden part.

Question 15:44

I like that, though. I the. I like the adult one.

Alexa Caramazza 15:47

I do too. Some people don't like it. I think it's so good.

Question 15:51

I just like cheese use.

Alexa Caramazza 15:54

Me too. Oh, my gosh.

Question 15:57

Okay. Why don't I feel like this is like speed dating? I'm like, this is funny.

Alexa Caramazza 16:03

No, it feels like it's really funny. It's like, wow, we're getting along so well right now. Question.

Question 16:13

Let me think. These are just. No, that's too boring. Okay. What's a hobby you've always wanted to try?

Alexa Caramazza 16:25

That's a good question. I really want to get into surfing. I don't know if that counts, but I've tried it. So I don't know if that counts because I've tried it, but I really want to get back into it. I did it, well, I was traveling in Hawaii, but I didn't like really get into it in San Diego. Now that I'm here, all my roommates have surfboard, so I'm gonna try and get one, I think. But I really want to be good at it cuz I see people like shredding and it's so cool. Cuz I cannot do that. Like I can wake surf like behind a boat.

Question 17:00

You see this scare me I said the Sandy could be just scare me cuz all of the stingrays and sharks that have. Oh, I'm like no, it doesn't even work.

Alexa Caramazza 17:12

You have to shuffle your feet to avoid them. But, really, okay, I.

Question 17:16

That's like a it doesn't work. My dad was stingray shuffled his whole life and still gotten stung by stingrays. It works like 50% of the time.

Alexa Caramazza 17:34

If it's meant to be and I get stung, it'll happen. It's okay.

Question 17:38

Don't pee on it. Everyone says to do that but don't hot water, don't know, I know no or the jellyfish thing like don't be on it.

Alexa Caramazza 17:42

No, I don't know who came up with that, but that's a horrible myth. But that's literally so evil, right?

Question 17:53

Like that's not gonna help.

Alexa Caramazza 17:55

Why would that be your first instinct? There is so much bacteria. Why would you do that?

Question 18:03

Literally. Let's see, do you have a favorite season?

Alexa Caramazza 18:13

I feel like my favorite season is right between spring and summer, because it's not, like, too hot, but the flowers are still really blooming and there's, like, butterflies everywhere and everyone's just like kind of getting out of the rut from winter still. So everyone's kind of in a happier mood now that it's, like, sunny again. And I feel like it's always just, like, a happy time and all the flower fields bloom and I really want to go to the Carlsbad Flower Field. But recently my roommates and I went to to 1 into levista and it was so pretty.

Question 18:50

Oh, I've been to the Carl's Bad Ones and they're so cool.

Alexa Caramazza 18:56

I know. I see them when I pass by sometimes, like when I'm driving that way occasionally, they'll all be bloomed. But then I've never been how much you have to pay to get in.

Question 19:08

God, I don't remember. It was in high school when I went with my friend Katie and I think it was like \$20 or like \$15.

Alexa Caramazza 19:15

I, that's crazy.

Question 19:16

But this was like years ago. So I don't, everything is cost so much money now, I don't even wanna think about it.

Alexa Caramazza 19:26

I know. To walk in a flower field, you have to pay \$25,\$20.

Question 19:31

I don't know oh, if you could meet any historical figure or any person, like famous person, who would be and why?

Alexa Caramazza 19:32

It really sucks.

Alexa Caramazza 19:55

Like anyone, they can be alive or like far back. I feel like I would really want to meet Obama. I feel like he's like a very admirable person and he just has a very good outlook on life. So I feel like he'd be a good person to me and get to know kind of, but also hear about and get some insight from about his life, but also how should, how I should pursue mine.

Question 20:27

What would be the first thing you ask him?

Alexa Caramazza 20:40

I think I would ask him if he was still in college, what he would do differently and what he would make sure he would do.

Question 20:54

It's a good question. I think I would ask him like how it felt like that moment when he got the presidency is like the first black man to ever be a president. Like I think I was asking that.

Alexa Caramazza 21:04

That's a good question, too. I feel like that's so personal and I feel like that moment was so surreal. Probably, I have recently had to become a morning person because I have an ATM class.

Question 21:12

Definitely like a really cool moment. Let me see, are you a morning routine person and is your morning routine look like if you have one?

Alexa Caramazza 21:31

So I've start before school started, I started getting kind of into the routine of waking up early. So I was practicing waking up at least at 8 a.m. To go to the gym or do something productive. But now that schools started, I will typically wake up, I'll make my bed, brush my teeth, get all kind of ready. And then I'll typically have an extra 15,20 minutes to do something else. So like this morning I started laundry. So then when I come back from my class, it'll be all done and I can throw it in the dryer, which I did when I got home. But I went to class after that and class was really good. We just did like a tiny quiz just about APA. Formatting is really easy, but.

Question 22:22

What class?

Alexa Caramazza 22:25

It's for. Com 300. So I guess for com mages, we have to learn APA. And I'm not looking forward to it. But it's fine. He made it super easy. So I'm hoping his grading on essays won't be super harsh considering how he only taught us like 5 different things. But hopefully that'll go well. But then after class and our little quiz, I went to the gym. And that's typically something that I'll do after my 8:00am class. And then I'll come home em kind of do other productive things throughout the day. Maybe take a nap if I'm really tired.

Question 23:05

Real.

Alexa Caramazza 23:05

But then I also have another asset, 3:30 I kind of have a big gap between. So I'll do some homework and other things and then go to class. But my morning routine has definitely changed since I started going to school again. But I really like waking up early now. I feel like I get so much more done in the day instead of waking up super late and not really having the motivation to do anything.

Question 23:33

And I think once you start getting up early and you start, it's not as hard anymore.

Alexa Caramazza 23:38

Exactly. I like today, it was so much easier for me to wake up than I think it's ever been, because I've really been in the process of things and getting used to it.

Question 23:50

But with those night shifts at watergirly, are you working during the week? Like, what days do you work at night?

Alexa Caramazza 23:56

So last night I got off at 10. I was closing last night, but I have classes only on Tuesdays and Thursdays, which is really nice right now. And then two of my other classes are all online. So I'm working. I'm available to work Monday, Wednesday, Friday, Saturday and Sunday, but I'm only working 3, max 4 days a week because I really wanna, like, be good in school and not stressed. But everything's been fine with working, and she's been very accommodating and she's trying to work with everyone.

Question 24:29

Just so you told Jackie. So you told Jackie, I can only work 3 to 4 times a week.

Alexa Caramazza 24:41

We haven't been super busy right now either. Last night, it was slow enough for Lexie and I to be there, but then Lexie ended up going home at maybe 7:00 and then we only had five other walk ins after that for three hours.

Question 24:58

We. No, I don't know. I miss it, but I also love my new job. Like I, I could say like I've been taking over the interviews that you experienced cuz I'm basically taking Josh's position.

Alexa Caramazza 25:09

I think that is very fitting for you right now.

Question 25:20

So the guy that interviewed you he is just like resigned cuz he got a new job. So I'm taking over his position, which is like crazy because I like just started, but I'm like taking over everything right now and I'm really stressed cuz I'm only part time.

Alexa Caramazza 25:28

Oh, good for you.

Question 25:37

I'm in school. But so I'm going to like meetings and conferences and like doing this and like taking over a lot. So thank you.

Alexa Caramazza 25:47

That's really cool. I'm really you, definitely stressful.

Question 25:51

I have just been so busy. I'm just like help.

Alexa Caramazza 25:57

Are you still only working at all days a week?

Question 26:00

So I work like 29 hours a week, but I get to work 10 hours from home. So it's nice. Like I'm here Tuesdays, Thursdays, Fridays and Saturdays. So Tuesdays I'm from twelve, or no, sorry, 9:00 to twelve cuz I have class. And then Wednesdays I work from home.

Question 26:24

Mondays I work from home. And then Thursdays I work 9 to 3. So I'll be here till 3 today. And then Fridays I work 12 to 5, Saturdays 12 to 5 and then I'm off Sundays, Mondays and Wednesdays pretty much.

Alexa Caramazza 26:41

It's a pretty good schedule, especially with school. I but it is overwhelming working more than 20 hours, I feel like. But I hope it's manageable for you and I hope you're liking it.

Question 26:51

It's definitely I, oh, I know I'll try to visit.

Alexa Caramazza 26:53

We miss you.

Question 26:58

I just, I like went in there and I was like, oh my God, I'm so uncomfortable cuz I was in like my whole rave outfit and I was like, they, my friends made me take a tequila shooter, like outside my work, like on my knees. And I was like, guys, like, my friends are crazy, but I just start 21 and like going out with them has been so fun. Like, I love it. But, oh, but that's true.

Alexa Caramazza 27:23

I know. I'm so Jeff. All of my roommates but beside one right now are 21. And then the one that's not 2021 yet, she turns 21 in literally a month. It's like September 17th. I think she's so much closer than I am. So there's gonna months between where I turn 21, so I won't be able to really go out with them. But I'm going to start probably working a little bit more then just to kind of distract myself from the fact that I'm missing out, but also just to save up for when I do get to go out with them.

Question 28:01

Oh, okay. These are such weird questions.

Alexa Caramazza 28:07

But, that's hard because I grew up in the mountains by a lake.

Question 28:09

Are you a beach person or a mountain person?

Alexa Caramazza 28:21

So I feel like that's a very complex question. Like in Tahoe, I feel like it's very in between. For me, I would say a beach person, but I'm more of a lake person. The ocean isn't my favorite. I love ocean, but not necessarily to swim in unless there's like a reef. But for Tahoe, it's very comfortable for me and like I know the water, I know the lake, I know how it works. So growing up there kind of made me more susceptible to liking and being more comfortable around lakes. But features are probably the best answer.

Question 29:05

I would say I'm a beach person, but I love mountains. I love like lookouts and sense. Do you have a favorite quote?

Alexa Caramazza 29:16

Best lookout spot.

Question 29:18

In Tahoe and now my friend Kendall went to, she lived in Roseville or something in near Tahoe, like back.

Alexa Caramazza 29:21

There's the best lookout swaps.

Alexa Caramazza 29:31

Oh it makes it.

Question 29:33

And she's always like, I bring my Jeep to this place and it's so pretty. And I'm oh, like, that sounds fun.

Alexa Caramazza 29:43

My favorite quote though is probably love all you see, including yourself. So I feel like it's very communal and it kind of brings people to you, like loving everything. Including what? You see in yourself besides things that you don't like.

Question 30:03

I like that. I've never heard that, actually. And I like I'm a quote, early die.

Alexa Caramazza 30:07

Really that would, it, I use it for, I look for quotes for a really long time. When like an assignment ask you to put your favorite quote, I always like look at them for a really long time. But I never really find any of that aren't super cheesy unless it's a rare occasion. But I feel like that one's really cute. At the same time.

Question 30:36

I like that. What's a goal you're currently working towards right now?

Alexa Caramazza 30:42

Right now I am currently working towards moving up in watergrill. I'm actually hoping to kind of do what Gabby did when I turned 21, which is go into the event coordinator position as an assistant because I have history in event coordinating and I feel like it would be a very good fit for me. And then it would also help me grow in their business instead of just saying a hostess. Because I don't really want to be a food runner, I don't think. But I would like a more career base position instead of working as like the front of house. But I feel like that would be option for me because I my last job was in event staffing. So I feel like it correlates really well.

Question 31:39

What do you wanna do with your majored.

Alexa Caramazza 31:44

With my major. I actually wanna go into human resources. So with communication, I was able or I'm gonna be able to also get my HR certificate through SCSU. I'll probably do that a couple years, maybe a year after I graduate, just because it'll probably take me about a year to receive the certificate anyways, but I'm looking at going into human resources, and I actually have some connections with, like, Petco for their human resources department. So I'm hoping that a good position will open up for an HR Assistant where I can eventually move up to an associate or a manager position.

Question 32:27

That'd be cool. I always wanted, like, I've always had a thing for HR, but I don't know, I'm such a personable human. Like, I need to, like, I don't know, like, conflict is not like my thing. Like, I would be able to be the middleman. I.

Alexa Caramazza 32:43

Conflict hasn't been my thing for a long time, but eventually, like, all of my communication classes really started kicking in, I feel like. And I've definitely gotten better about talking about my feelings, especially with other people, or how I feel about certain things.

Question 33:07

Are you a planner or are you more spontaneous?

Alexa Caramazza 33:12

I am a planner. I cannot do anything without having a plan. I think I definitely get it for my mom she is a planner but I don't have it with me right now, but I have all my assignments for this week and like next week all written out so I like the little checkboxes so I can check it off but I definitely plan farther ahead just so I can anxiously be prepared for it and I kind of overthink a lot of, things but I plan everything I think, my God, I love that's gonna be me when I get in more career base.

Question 33:48

Let me two girl, but like, I have 4 planners, 4 for different things, like one fitness planner, once my triple V planner, like this has all of my meetings and stuff coming up in it. And then this, this is my week planner for school.

Alexa Caramazza 34:08

I feel like I'm gonna have everything super organized cuz it stresses me out a otherwise.

Question 34:18

And this one's, it's got, it's just from target and it has a bunch of little strawberries on it.

Alexa Caramazza 34:19

Oh, I like that. Get that one.

Question 34:25

I love it. And it gives you the month.

Alexa Caramazza 34:29

That's so cute, I relate.

Question 34:31

And then it also, I can like, so for September, I'm taking time off for work. So I have, like, I'm going to Vegas and then I'm going to cross. So like, those are my approved time off. And then I have, like, in a meeting with Advancing Students Forward. That's a lot. That's just September, but like this month's been crazy I probably could.

Alexa Caramazza 34:57

I have two planners. Right now, but I need another one, food prep ideas and my fitness journal so that I can log what I did and remember each workout that I did.

Question 35:13

I can't work out anymore. I just physically, like, I've been working out for so long and I just need a break. Like, I can't. But I know if I stop, I'm just gonna lose all.

Alexa Caramazza 35:23

Sometimes we need a break, especially you're doing a lot going like you have a lot going on, I feel like you need a break.

Question 35:36

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

Alexa Caramazza 35:48

Feel like any advice that I received from my mom is very helpful for me I would say the best piece of advice she really taught me growing up is to not let really what others think about you affect you. Especially cuz I'm very an overthinking and I stress about whether or not people like me or if people hate me. But I think it's helped me a lot to grow from that needing of everyone to like me. And it kind of taught me that it's okay for people to have different opinions. It's okay for people to not get along and what who's in your life is going to stay if they want to be there.

Question 36:39

Awesome what is a place you consider your happy place?

Alexa Caramazza 36:53

My parents house, my parents house is definitely my happy place. Just the energy is so different there. When I need anything, I know they can help me out. And on bad days or sometimes like before classes, I'll go and just hang out there and do some homework there. Just I feel so safe and comfortable and I don't have to explain myself.

Question 37:14

Hum.

Alexa Caramazza 37:20

I don't have to be stressed because a lot of the weight is lifted off my shoulders cuz the comfort is there already. And my pets are there too. My childhood dog and my childhood cat who is seventeen. He's so old, but he's still there.

Question 37:37

My God said, oh my God.

Alexa Caramazza 37:39

And, so old.

Question 37:44

Seventeen is that?

Alexa Caramazza 37:47

Literally, we got him. I was three.

Question 37:54

How old is that in dog years, like it's 7 years, right?

Alexa Caramazza 37:58

I don't know actually, cuz I can't remember what a dog gear is it. My gosh, I need to look this up. I need to know.

Question 38:10

I'm gonna do it.

Alexa Caramazza 38:12

Let's, my gosh, wait, this thing says carriers.

Question 38:14

118 August, I think.

Alexa Caramazza 38:32

If in human years, a cat year is 15, but then it doesn't make sense. It says two years is 24 years old.

Question 38:41

What about a DOC?

Alexa Caramazza 38:42

Let me see. SO15. Oh, for dogs, I'm not sure, 15.

Question 38:48

Oh, you're Cat. Seventeen.

Alexa Caramazza 38:51

My cat, seventeen.

Question 38:53

How old your dog?

Alexa Caramazza 38:56

He is nine, but he does not act like he's 9. He is such a baby. He's so cute.

Question 39:04

Oh, let's see. What's a TV show you're currently watching?

Alexa Caramazza 39:14

I am honestly the worst, worst person at watching TV shows. I don't know why I can never stick with them. Just cuz I always have such a weird schedule going on with work. I and I also lost my TV remotes, but I found them this morning. So I haven't been able to watch TV. But one of my favorite TV shows is friends. Friends is always like just a very good comfort, easy laugh show and it kind of like the years that we're in right now, especially in the beginning, they're like living on their own for the first time, some of them, they're kind of figuring everything out. Dating is a mess, but it's always interesting.

Question 39:57

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

Alexa Caramazza 40:07

The lastly I do before going to bed, usually I'll kind of just lay there and kind of do a replay in my head of my day and try and see whether or not I need to do something tomorrow, kind of pre plan for my day tomorrow I'll usually check things off in my planner, sometimes watch TikTok's guilty pleasure. But if I am feeling it watching movie before bed.

Question 40:41

What's, what are your top 3 movies, do you think?

Alexa Caramazza 40:46

Top three, man on fire is definitely a really good movie. Princess of the frog, like I said earlier, but I don't know if you've ever seen man on fire.

Question 40:56

Okay, I have it.

Alexa Caramazza 40:58

Really good. Sorry, my roommate's cat isn't here.

Question 41:02

Okay.

Alexa Caramazza 41:03

But it's a third. I'm trying to think, probably this movie called Blue Crush. It's it's a surfing movie. My family always watched it when I was growing up.

Question 41:21

Heard of it. I've heard of that. I think isn't it's a movie.

Alexa Caramazza 41:24

It's really, it's like the two thought, right? So it's pretty old, but it's really good. It's a movie.

Question 41:33

Did you see the Barbie movie?

Alexa Caramazza 41:36

I didn't, I'm so sadly into the Barbie movie. I don't know if it's still in theaters.

Question 41:39

What?

Alexa Caramazza 41:41

I went and watched The Sound of freedom instead when I went to movies.

Question 41:47

I heard you talking about cuz they weren't like putting it on any platforms, right? Like they weren't putting it on.

Alexa Caramazza 41:54

I don't think they're, unless they've made some major different decisions since. But it was really sad. Honestly, actually, that's one of my top movies now. I lied because it's so good.

Question 42:08

I wanna see it. What's it about again?

Alexa Caramazza 42:12

It's about child trafficking and this cop who kind of is sick of catching the creeps that do it and like, partaking like child pornography and those types of things, but not rescuing any of the children. Like he was so tired of finding these people that are doing it, but not finding any of the kids. So he kind of goes on this Tangent of searching and searching for children. And it's so sad though. Oh my gosh, room and that really tell a story.

Question 42:48

Oh I love movies that, that are real like that, like I forgot what it was called, but it was a TV series on Netflix and it was like about these like five black kids that were in a park, and there was like a, a murder and they got charge for the murder and this guy lost 20 years of his life. And then it came to be that they found the evidence of the actual guy that killed him. And then they, the guy got freed out of jail and it was this whole thing and they all got like \$5 million each, because they lost.

Alexa Caramazza 43:28

That's create.

Question 43:31

But it was a good series.

Alexa Caramazza 43:32

But I mean \$5 million is not enough. What I feel like that's a lot, but like to go through so much traumatic things within 20 years is not worth that amount in my opinion.

Question 43:38

I don't.

Alexa Caramazza 43:49

But, for me, I prefer smaller social gatherings.

Question 43:50

Definitely not. Are you, do you like going to parties or social gatherings?

Alexa Caramazza 44:10

It can still be kind of a party environment, but I really do prefer for having just all my friends at my house or going to somebody else's house and having a bonfire, or hanging out of the pool or doing other smaller group kind of things where I can still talk to everybody. And it's not just like drinking and binge drinking just for no purpose. But I feel like everyone and a smaller

environment has a more close relationship with everyone there. In a party setting, you don't really get to know everyone for who they really are. And I think it's really important to have good friends that you can really hang out with without it being a party scene, too, for all. My friends, we always do little kickmarks at our house and we actually just got an inflatable pool for our backyard. And it's really cute. But we also got a fire pit, too. So we had a bunch of people over.

Question 45:13

Oh, I love that.

Alexa Caramazza 45:14

And you just have smaller gatherings to kind of catch up and get to know people more, but it is, it definitely changes as you kind of go through different phases in your life.

Question 45:23

I like the same way. But now that I can go to bars, it's like a whole different vibe. If.

Alexa Caramazza 45:34

Like you'll go through the 21 phase for a little bit and then you'll probably go back.

Question 45:40

Definitely. Okay what's your favorite type of weather?

Alexa Caramazza 45:48

My favorite weather, I love the rain. I definitely love the rain, but I hate when it's raining for too long. So I do love sunny days where it's sunny and probably 75 degrees where it's super comfortable temperature to go out and do things and kind of be productive but also go to beach still or kind of like go for a walk in the blue skies and get nature.

Question 46:22

And then your, the last question is, how would you describe yourself from a other person's point of view? If you had to describe you through like someone else, like what would you say?

Alexa Caramazza 46:37

That's a really good question. I think I would probably describe myself as a very sweet and caring person who really works hard for what she wants, but also doesn't settle for less than I know I deserve, but honestly, I would just say that I'm a very hard working and determined person who really does care a lot about other people and just trying to do the best, do her best to change things that she can with the system and the way our world works.

Question 47:19

That's awesome. Okay, well, good job. I'm gonna stop the recording. Done.

Alexa Caramazza 47:25

Okay.

All right, first question, what's your favorite place on earth?

Alexa Caramazza 00:27

I honestly haven't been that many places, but I would probably stay my hometown, mostly because it, oh, I'm from Lake Tahoe, California, but I'm from South Lake Tahoe I really miss like the nature aspect of it.

Question 00:32

Where is.

Alexa Caramazza 00:45

And the lake is just so gorgeous and the environment is so clean there. So compared to San Diego, San Diego seems a lot dirtier. Even though it's like one of the cleanest cities, it just is like a lot dirtier to me than my home because it snows so much there. So it's constantly being cleaned but I really miss it.

Question 01:07

I know. I love Tahoe. It's so beautiful. I'm so jealous you live. What's the best TV show right now to you?

Alexa Caramazza 01:22

The Last of us.

Question 01:24

The last.

Alexa Caramazza 01:24

I forgot about it and then my mom reminded me that I had watched it, and it's so good. It's like the zombie TV show, but it's about like a zombie apocalypse basically but it's one of the first TV shows I feel like I've watched that is very inclusive, with race, ethnicity and like all those types of things, especially like sexuality. Like it kind of shows like the reality of sexuality and like trying different things. But it's also just a crazy good show. I highly recommend it.

Question 02:02

I need to watch. I've ever seen it what's the worst movie you've ever seen?

Alexa Caramazza 02:04

It's really good.

Question 02:08

Like, you were just like, that was so bad.

Alexa Caramazza 02:13

I don't even know the name, honestly. It's there's some movies on Netflix or other platforms that like you'll like start and they're just so bad that you have to turn them off. I'm trying to think what there's always like those ROM com movies that just have really that acting, but sometimes they're like the acting is so bad that it's good and it's just like funny.

Question 02:33

You don't like the.

Alexa Caramazza 02:42

But otherwise sometimes it's a little too hard to watch.

Question 02:51

What's one item of clothing you couldn't live without?

Alexa Caramazza 03:03

I wear workout clothes a lot just to class, because then I go straight to the gym afterwards. But otherwise, that's a hard question. I would definitely say. Like shorts and a long sleeve. I guess.

Question 03:28

What's your favorite workout? Like what routine?

Alexa Caramazza 03:32

My favorite workout routine will probably be, it's definitely leg day, but. Squats are my favorite. I would say.

Question 03:44

Squats, okay awesome.

Alexa Caramazza 03:48

Squats or deadlifts or seamless squats. I don't know. I just like leg day. It's very fun.

Question 03:58

What's your biggest pet peeve?

Alexa Caramazza 04:01

People being rude to service workers in that service interview. When people are mean to us, it bothers me so much, especially like if I go on a date with somebody and they aren't nice to a service worker, such as a server, a busser or a hostess. It's just an immediate red flag to me. It just shows that they don't value that person the same as they would value any other person working a different job. And it irritates me because I feel like we in the service industry work very hard. And when people aren't nice, it just kind of shows a lot about them.

Question 04:48

What's the worst date you've ever been on? Have you been on a bad day?

Alexa Caramazza 04:55

Hey, I've been out of. I take the worst day I think I've ever been on was with this guy and he picked me up. It was a couple, it was like two years ago, I think. But he picked me up and we were gonna go watch the sunset in LA Hoya at this beach that he knew. And he picked me up but was literally picking his fantasy league the entire time we were on the date.

Question 05:25

No.

Alexa Caramazza 05:27

It was so bad. It was so bad. He was, he just kept apologizing me like I'm so sorry I have to do this right now. I'm like, do you really have to do that right now? Like we're on a date or we're supposed to be on a date, but I'm not having any fun. But he was just on his phone the whole time.

Question 05:47

That's the worst.

Alexa Caramazza 05:47

This weird.

Question 05:48

I think that's like one of my biggest if you could bring three things if you on a deserted island, what would you pick?

Alexa Caramazza 05:49

It was really weird.

Alexa Caramazza 06:02

I definitely think, can I pick water and food. I would definitely pick water cuz I feel like I can find food there, maybe. For the most part, I will bring, a first aid kit, and a solar powered phone in case of our of emergencies.

Question 06:37

Smart. Would you rather be hot or cold?

Alexa Caramazza 06:45

I'd rather be cold because this heat wave has definitely reminded me that I do miss the slightly cold weather. Yesterday was better, but the day before was so hot and my house doesn't have AC. It was a painful day. So I definitely think I'd rather be a little cold. Been too hot.

Question 07:08

What's your favorite karaoke song?

Alexa Caramazza 07:12

Before he cheats by Carrie Underwood.

Question 07:16

That's good, if you could save one material thing from a fire, what would you save?

Alexa Caramazza 07:19

It's so good.

Question 07:25

So random.

Alexa Caramazza 07:27

The material thing, I don't mean.

Question 07:29

If your house is burning and you need to grab something, like computer or phone, like what would you grab?

Alexa Caramazza 07:38

I think I'd probably grab, I have a hard drive. I was actually using it last night, but I have a hard drive that has all of my pictures on it. I think I would just grab that cuz even then, if I lost my

phone and my computer, I have all of my photos uploaded on and I feel like my pictures are like one of the most important things to me, something that has as much as I need on it.

Question 07:56

True. I think I would grab my computer, too. Like, what's the best meal you've ever eaten?

Alexa Caramazza 08:09

My computer would probably be my second thing, I think.

Alexa Caramazza 08:26

My okay. My family every year makes gipino for Christmas. It's an Italian soup. And you can aura it at restaurants and like, fancy other places, but they just make it so much better than any restaurant ever could. And it's so good, I think I would die for a bowl of it, it's so good.

Question 08:54

In do you have a bucket list and what would be on it?

Alexa Caramazza 09:04

I kind of do have a bucket list. I wanna travel a lot. I think I want to go bungee jumping in New Zealand. Sorry, that's my roommate's cat I want to go bungee jumping in New Zealand.

Question 09:17

Okay.

Alexa Caramazza 09:21

I definitely want to swim in the Nepali coast again, in Hawaii, trying to think what else. I definitely just want to do a lot of traveling, especially if I do get to go like study abroad and go to Italy and other places, have a lot to check off my bucket list.

Question 09:48

Is there any personal goals that you wanna check off, like a list or bucket list, like things that you're working on?

Alexa Caramazza 09:57

I'm definitely working on better eating habits. I feel like last year kind of fell into a bad phase of not eating enough and then overeating. The compensate for not eating enough, but I think definitely getting better eating habits, but also just being more consistent with my meals and cooking for myself.

Question 10:09

Hum.

Question 10:20

It's a good ask. What are you most thankful for right now?

Alexa Caramazza 10:28

I'm not stable for my family. My godfather is actually visiting right now. And I before this, I took he and my mom on a tour of the SDSU campus.

Question 10:35

Okay.

Alexa Caramazza 10:43

Just after my 8:00am class we did a little tour. And I'm excited because he's here and we're gonna go to the project Giants game and just be around each other. And I'm excited.

Question 10:54

When is that so fun?

Alexa Caramazza 10:56

It's on Sunday.

Question 10:59

How's work and everything good?

Alexa Caramazza 11:03

It's fine. I think they're gonna fire Lily.

Question 11:08

They haven't.

Alexa Caramazza 11:11

No, they, I guess, have to suspend her first. Their firing process is kind of weird because they're very thorough with firing people but they have to suspend her first. Again, in order to collect evidence that she needs to be fired. I mean, they'll go through the actual process, but otherwise, I don't know. It's been fine. It's been slow, which is weird still, but.

Question 11:48

How's the new girl?

Alexa Caramazza 11:52

Yep, not fan.

Question 11:52

My friend.

Alexa Caramazza 11:56

She's okay. She just.

Question 11:58

It's your name? I like, know her because of a friend. And she, like, applied because I told her I work there, but then I left. So I don't really know her a lot. Well, but what's your name?

Alexa Caramazza 12:08

Malia, she Jackie kind of had has problems with her already. Just cut. I don't know. She talked a big game, I feel like, in her interviews and everything, like, saying that she was a top host and everything. But she doesn't do a lot, honestly. Like, if we'll be standing doing menus and just, like, still having a conversation, she'll just be off to the side, standing at the host stand, like, not doing anything. And she'll take her up to the bathroom, kind of disappear, like Lily does. She just, I don't think, has a good work ethic. And I don't think she understands why we get tips is because we do sidework. So I feel like she just thinks we should just get tipped anyways, but we do meaningful sideworks, and that's why we get it. I don't know eh I hope it gets better but I think they're gonna try and hire some more people as we let go of Lily but I'm just hoping that we find some other good people cuz Leah is really good. And then but right now we have Kayla me little or Malia Molly, Addie and Lexie so there's six of us but Malia and Lily are kind of on the outs. So there's like four or five of us.

Question 13:43

Well, that. I'm out of there.

Alexa Caramazza 13:46

Yep, that's not a fun time right now. Everyone's trying to find people that cover their shifts too especially for this weekend cuz the Giants being in town. A lot of people like within our circle are from the Bay Area. Like Lexi and Adelang really want to go to the Giants game, but I took it off. Initially planning to go to the Giants game and now they want to go, too. So I have Adeline probably won't get her shift covered, but I'll see.

Question 14:14

Okay, well what would your perfect day look like?

Alexa Caramazza 14:17

Answer.

Alexa Caramazza 14:23

My perfect day, I think, would look like waking up relatively early, going to the gym and then like going to the beach or the pool with my friends, and then afterwards going to, the Ocean Beach Farmers Market or just going to get dinner and then coming home and doing a bonfire in. Our backyard.

Question 14:51

Oh, it's cute. What does your dream life look like?

Alexa Caramazza 14:57

It's fun. Think my dream life probably looks like working a decent amount, but also being able to take time for myself. So having a career that supports me well enough to also eventually have a family and a cute little house and being close to where my parents live. But eventually just being happy and content with where I end up. But I do want a husband or and kids and all those things.

Question 15:41

Oh, would you rather live without the internet or without showering?

Alexa Caramazza 15:47

I would rather live without the internet. I feel like I can find plenty of things to do, but I would not want to live without showering. I love taking showers. It's very therapeutic. I feel like it just washes away a bad day.

Question 16:09

Do you think it's ever okay to lie and why?

Alexa Caramazza 16:16

I think it's a very small portion of times that it's okay to lie. If you're really protecting somebody from knowing something or. Just, like a little white lie to a little kid cuz they like are old enough to comprehend something else. I feel like that's kind of acceptable. I feel like that has to happen sometimes. Trying to think when else it's okay. But other one, like in serious instances, I feel like it's not as okay. But people definitely still do it.

Question 17:02

What would you do tomorrow if you won \$1 million today?

Alexa Caramazza 17:07

If I won \$1 million today, I would buy my parents a house.

Question 17:14

That's nice.

Alexa Caramazza 17:16

I'd buy my parents a house and then I'd buy myself a house. So I wouldn't have to stress as much, hang on, I'm not close my door. So I think my roommates are coming home. But cat pushed it all the way open.

Question 17:35

What is something people would never get just by looking at you?

Alexa Caramazza 17:42

Hang on. I'm on a zoom. Oh, sorry, girl. But when people get just, will you repeat it?

Question 17:55

What is something people would never guess just by looking at you?

Alexa Caramazza 18:01

I think a lot of people assume that I am like, my family's more wealthy than we are. I think a lot of people would assume I just, like I'm picture perfect because I have both of my family, like both of my parental figures in my life. And then I think people think that I'm probably a lot more well off than I am. But I don't think people would realize that I'm completely independent and have been since I moved out when I was 17. So think people would assume that I am just more wealthy, I guess, my friends definitely make me laugh a lot, but I honestly think I laughed the most with my mom, my dad and my brother.

Question 18:47

What makes you laugh the most?

Alexa Caramazza 19:05

If you put us in a hotel room together, it is a comedy session. It's just so funny. I don't know why we always do weird things and like we just laugh for hours about it. It's really funny. There was this one time my dad, we were visiting family in monterraise, we were in a hotel room and my dad was feeding my dog, Panda, and he dropped the can of wet food onto the floor, but it landed like perfectly flat on the floor. So it like sprayed up at his face and he was not happy. But it was just so funny.

Question 19:45

My God, that's funny. What did teachers used to say about you on your report card? And is it still true?

Alexa Caramazza 19:55

It's definitely still true. I was always the goody two shoes kid, always had teachers, always saying outstanding student on my report card. My mom probably still has my report cards, honestly. My brothers, on the other hand, were always like talks too much, is loud in class or other things like that. But I was definitely a scholarly and academic student that was always wanting to learn. So they definitely always complemented that.

Question 20:35

Can you recall the happiest day of your life? And like, why is.

Alexa Caramazza 20:40

I think I can. I think probably right now the happiest day of my life would be when I found out that I got into SCSU, because I was in my bathroom of my house from last year, and I just randomly checked my email. I had been waiting to find out from schools if I had gotten in or not. And I found out from San Marcos that I got in. But San Marcos was like my last choice. It was my last resort if I didn't get into anywhere else. I wasn't able to get into UCSD because my counselor advised me not to take a class. And I ended up meeting that class. So they were trying to get me to take the class within, like four weeks or something. And I just, I couldn't do it with where I was at in the school year. It was like about to be finals and I could not. So I was really relying on SCSU. And I just randomly checked my email and I just saw, congratulations, you've been admitted from SDSU. And then I literally ran into my roommate Quincy's room and I just screamed. I got in and then she was like, wait, what? And I was like, I got into SES you. And she started freaking out. Then we both ran through the house like telling everyone. And it was just really, it was a really good moment cuz everyone was like screaming. And it was really funny.

Question 22:09

So, oh, oh.

Alexa Caramazza 22:10

And I called my parents, I Facetime my parents and I told them and they started screaming. And my dog actually started barking too, because he was like, what is happening? But it was just a very good moment, I think my favorite thing about myself is how kind I am and caring about other people.

Question 22:26

What's your favorite thing about yourself?

Alexa Caramazza 22:38

I definitely take care of others feelings more than I take care of my own, which I feel like a lot of people do, but some people definitely don't do. But I care a lot about other people.

Question 22:57

Have you ever failed at something? And what did you do if you failed? Like what?

Alexa Caramazza 23:05

Initially, I when I wasn't sure where I wanted to go in school, it was because, I didn't get into SCSU or any of the other schools that I initially wanted and it was Covid. So I found out that I didn't get into school. And then I had to just kind of decide where to go.

Question 23:30

He.

Alexa Caramazza 23:31

So I ended up going to Mesa. So I did initially fail by not getting into those schools, but I went to Mesa and then I got my associate's degree and I ended up at San Diego State anyways. So kind of just pursued the opportunity even though they said no initially, cuz I had faith that I could get in.

Question 23:58

What do you think your purpose is in life?

Alexa Caramazza 24:06

I think, maybe to, educate others kind of about like economic things and how are, how we need to treat our world better and each other better.

Question 24:30

Okay. Do you believe in second chances?

Alexa Caramazza 24:37

I do believe in second chances. I think I've given a lot of people second chances, and they either do really well with it or don't do well with it. But I think everyone deserves some form of a second chance, whether it's not in a super trusting way or you fully get them your trust again, just because they can either prove you right as. Second time and you really know who they are, or they can prove you wrong and they can stay in your life.

Question 25:09

Definitely he. What's the biggest favor you've ever done for someone?

Alexa Caramazza 25:25

That's a tough one. I'm not sure. Hum. I don't really know. That's a loaded question because I'm trying to think of a specific instance. I think recently one of the biggest favors I did for my roommate was moving her bed and all of her large furniture from the storage unit that we had, into our house.

Question 26:08

Jane.

Alexa Caramazza 26:08

Well, I helped her move it into the storage unit, and then I took it for her before she got back to San Diego. I took it for her to our new house because she wouldn't have a truck otherwise. So I just did it when I had my dad's truck.

Question 26:26

Well, if you had to make an emergency phone call, who would it be?

Alexa Caramazza 26:39

My mom, she always answers. If she doesn't answer, although for some reason, I feel like whenever it is an emergency, she's like on the phone with somebody else or she's busy and she doesn't answer. So I guess my dad, maybe my mom or my dad for sure. But for some reason sometimes whenever it really is like I'm having a big issue, she doesn't answer.

Question 27:06

That's kind of funny, though. I feel like that's how my dad is, too.

Alexa Caramazza 27:08

I know. It's like, what are the odds? Like you answer literally when I'm just calling, just a call. And then when I really need something, you don't have your phone on you or something else, like, mom, please. It's funny, though.

Question 27:25

If you could change one thing about the world, what would it be?

Alexa Caramazza 27:32

I would change how. I would change how everyone treats the planet and how we're ruining the ecosystem that we have entirely just for money and greed. I think I would definitely start to, make huge consequences for the large consumer companies, like gas stations, like shell and

other corporations like that who are just too greedy to actually care about the environment and what they're doing to our earth, even though that's not what we want.

Question 28:19

What is your love language?

Alexa Caramazza 28:26

I'd say my love language is probably access service or words of affirmation. I don't like gifts or anything, but I love like if somebody were like, pump my gas for me or run in the grocery store for me because I needed something and I couldn't do that day. Small things, that help me out and kind of lift a little bit of weight off my shoulders. I feel like it's very helpful because I'm naturally a very anxious and stressed out person. So I think that's just very sweet and kind when people do those kinds of things.

Question 29:14

Do you read or watch the news? And what topics do you pay most attention to?

Alexa Caramazza 29:20

I've kind of steered away from reading and watching the news lately just because it was all just very sad and depressing things, that it was kind of taking a toll on my mental health, especially because I was reading so much into things such as climate change and ethnic matters or like the Maui soon was really hard for me but I definitely I was looking into those things for a really long time and just diving so deep into a hole of news and update topics. So it kind of got harder for me to read about them.

Question 30:08

In the same way, I feel like.

Alexa Caramazza 30:11

It's hard cuz everything is like, there's never or hardly ever any happy news. And that's just how it is. Now.

Question 30:23

What was your first job?

Alexa Caramazza 30:26

My first job, I was a babysitter before I had my first job. But I, my first official job was a little cafe. I was a hostess and it's called Birt's Cafe. And it's right in the middle of town. It was very close to my high school too. But I was just a hostess and I worked in the mornings. And we closed that

like two in the afternoon. So it was always nice to be able to get work done, and then I'd have the rest of the day to do other things.

Question 31:00

What is your work now?

Alexa Caramazza 31:04

I work at watergrow in downtown, and I'm a hostess.

Question 31:11

What do you like? What is it like to be a host to set Water Girl?

Alexa Caramazza 31:16

It's very fun. I love the environment. I love the people. We definitely have some hard times with the construction that we're doing at the moment, but we've definitely made some improvements, and I'm hoping that will hire some more hosts so I can work a little bit less, so I can focus more on school. But otherwise, I love most of my coworkers, most.

Question 31:48

Where do you see yourself in 5 years?

Alexa Caramazza 31:55

I'll be 25. I think I see myself maybe with a serious partner and a very steady job, and hopefully my first pet, maybe a cat, maybe a dog, maybe both, depending on where I live. But I'm hoping by then I'll be able to find a stable place to live and maybe start looking for houses.

Question 32:28

Good have you ever had to break up with a friend and why?

Alexa Caramazza 32:39

I have had to break up with a couple of friends the friendship was just more one sided for me. And I feel like they were always putting weight on my shoulders with their issues, but never really having the time to listen to me when I had a major problem, or just not respecting me and my boundaries or kind of just shutting me out when I didn't really have the energy to talk about all of their problems at the same time. But right now, I feel like all of my friends are very understanding of my energy and my time. So I don't feel like they completely traumatic on me every time I see them, but we mutually can have a conversation and relate to each other, but also leave space for each other.

Question 33:37

How many close friends is ideal for you?

Alexa Caramazza 33:44

That number is definitely changed since I got out of high school. I think my number of close friends has expanded a lot. It used to be like two or three people, but now I have three roommates, but I also have two other friends who are very close to me. And then all my coworkers also know I feel like everything about me because I feel like we just talk about ourselves and our lives, so much so, but I would say my ideal is probably 5,5,6 or seven because I feel like I have a lot of close friends at the moment, think just having somebody say that I was, a good person, feel like that's a really good compliment.

Question 34:15

Me?

Question 34:31

What's the best compliment you've received are, do you remember.

Question 34:54

What is leadership look like for you?

Alexa Caramazza 34:59

For me, leadership definitely looks like taking a stand for things that not everyone believes in necessarily, or taking a stand for things that are right, regardless of whether or not people want to believe that.

Question 35:25

Have you ever been in a situation where you had to step up and be a leader?

Alexa Caramazza 35:32

Yes, I definitely have been trying to think of an example.

Alexa Caramazza 35:42

With my moving out situation, I definitely had to stand up and be a leader because all of my roommates, all six of my roommates left before the lease was up within this last term that I was living with them. And they all left without doing any of the health cleaning. They barely clean their own rooms. So I had to step up and get the security deposit back for all of us. And it was not a fun time to be a leader, but it happen.

Question 36:18

They. What's the most exciting part of your job?

Alexa Caramazza 36:32

Most exciting part about my job, probably the friends that I've made and walking into work and getting to see who I work with that day is always really fun. Cuz I don't really check the schedule to see who I work with. So walking in, I'm always kind of, oh, my God, like Lexie or Question when you work there. But it was always fun. It's always fun. I'm glad that I worked there still.

Question 37:05

What is your strictest boundary in relationships?

Alexa Caramazza 37:12

My strictest boundary for sure is no cheating. I've vented that plenty of times and I don't need to go through it again. But I would definitely say another boundary of mine would be respecting my time. I am a very timely person, and I need somebody who respects that and isn't super late to hang out with me or canceling plans or other things like that.

Question 37:49

What does self worth look like to you? Like how do you keep yourself in check? And how do you, like for a girl, too, what does it look like for you to keep yourself motivated and worth, feel like you're worth it?

Alexa Caramazza 38:06

For me, a lot of it has to do with how I take care of myself, with my eating and my workout habits. I've noticed that I just feel a lot better about myself, not just physically, but emotionally when I'm working out, because I have somewhere to target my energy to. And I feel like that's very helpful in my self worth journey. But I think a lot of it, too, has been meeting people who value me rather than people who don't treat me well, but otherwise, not sure. I think a lot of it definitely just has to do with how I treat myself and how I would think somebody else would want to be treated. And I don't want to treat myself worse when I treat other people.

Question 39:02

What is your self care look like?

Alexa Caramazza 39:08

Myself can probably taking a shower to detox, washing my hair and doing my skincare team, but also drinking a lot of water. Watching a TV show or movie and, just taking a little bit of time to focus on myself, instead of being like on my phone or like completely trying to distract myself with homework or something.

Question 39:44

What are some typical issues that you feel like you or your friends or people in college face?
What do you think are some issues?

Alexa Caramazza 39:56

Some issues that I think a lot of people face are. Mental health issues, especially from social media and building new relationships, but also having no good background of relationships for a lot of people for, but I think otherwise, probably financial stress and just an overwhelming, like, new environment that we have to get used to with living by ourselves for the first time. But I think a lot of people in college struggle with that. And just like pursuing what.

Question 40:43

Do you, how do you think there's a way to help fix it? Or do you think there's anything that helps that with those issues?

Alexa Caramazza 40:55

For financial stress, applying for scholarships definitely helps I've applied to a lot of scholarships and I actually haven't been awarded any within the time that I've been, in college, which is stressful in itself because I applied at Mesa and I didn't get anything. So that was really hard. But otherwise, for friendships, I think a lot of it is just trial and error. But staying true to who you are and who you wanna hang out with is very important. Cuz I think I was trying to be friends with people who wanted more materialistic things, and I'm just not a materialistic person, but kind of just saying true to who you think you are in the moment.

Question 41:27

If.

Alexa Caramazza 41:44

Even if that changes, that's okay, too. But being susceptible to change is very important.

Question 41:53

If you had to be a role model to a bunch of people, what would you focus on to help them with that you feel like you could? Can I help them navigate?

Alexa Caramazza 42:04

I think I would definitely help people navigate how to, kind of help their mental health, especially through like physical endurance or just daily affirmations or something like that. Because I think a lot of what I've helped my friends with is them learning how to make better meals through me, or also just doing things to take care of themselves, whether it's going to the beach by yourself, meditating or doing other things. I think I could just help with giving new

students or younger people or older people just guidance on how to take care of yourself more and take care of your mental health.

Question 42:58

Alright, that was my last question do you feel like there's anything you wanna share about yourself that you would want in AI to know about, you that you haven't said already?

Alexa Caramazza 43:01

Not okay.

Alexa Caramazza 43:21

I don't know. I don't think so. I think we've kind of covered a lot of the bases within this session and the last session. Do you have any other questions that you think I should answer?

Question 43:36

Just I feel like your morals, your values, like, what you stand for is important talked a little bit about that, like.

Alexa Caramazza 43:47

I would just say that I definitely stand for equity rather than Equality, cuz I think a lot of people aren't treated the same within our social system and our justice system, but I think making up for, inequality is definitely very important. But also I think just taking care of others and, not being where do people or taking out your anger on people or just taking advantage of people's kindness and their money or anything like that, I think it's really important.

okay, first question, how can I improve my study habits?

Alexa Caramazza 00:00

Sounds good.

Alexa Caramazza 00:10

I'd say one of the best ways that I have improved my study habits is not studying within my bedroom space. For some reason, whenever I study within my bedroom, it's always, I'm always just too comfortable to get anything done, I think. So for me, the best places to study and really get work done is when I force myself to get work done at a coffee shop or something else. Cuz otherwise I can't get anything done. But I feel like that's super helpful for me. But otherwise, also one of the things that I have invested in is Quizlet plus. Just cuz I have to take a lot of notes within a, lot of my classes, but I can't always just reread my notes to study them. So I think for me that really help cuz it also lets me play games on quest plus 2 and then I, it's like matching games kind of but that taught me a lot.

Question 01:08

Really? That's cool. With that being said, how do I manage my time effectively if I have a lot of things going on and I wanna study?

Alexa Caramazza 01:25

I would say scheduling out your day every day is very helpful for me. When I wake up in the morning, I will kind of pre plan my day before I go to my ADM class. So I'll think like, okay, I'm gonna go to my 8:00am class but I'm gonna wear my gym clothes so that I can go straight to the gym and then come straight home so I can do homework before I have this meeting and then after that I'll get ready for my other class. It's just easier for me to like kind of time for my day kind of back to back so that I have long periods of time to like study and sit down and get some work done.

Question 02:09

How do I deal with struggling with a particular subject? Like if I'm struggling in math or if I'm struggling in Spanish, how do you think I should do that?

Alexa Caramazza 02:22

I'm typically reaching out to like a school advisor or somebody at your school within a tutoring department is probably the best way, just because they'll have all of the answers and resources that you need directly. And then you won't have to kind of backtrack looking through all your homework, just so like too late to find out that you needed to do something or that like you don't know this kind of information. Cuz then that way you have all the resources that you need, but also somebody to talk to and like help make sense of things.

Question 03:04

Thank you. How do I deal with bullying or peer pressure?

Alexa Caramazza 03:10

Bullying and peer pressure I feel like are very common within like high school and college age. Even still like I hear about people being bullied. But the best way for me when I was dealing with bullying was to really find comfort within myself, knowing that I am not the problem because if they have a problem with me, they can either talk to me about it or it's an internal issue with them. If it's something that I've done and I know there was an issue between the two of us, like we can have a conversation about it and where's all things. But if it's just something that they're picking on me for, then I know that it's something that they're also probably insecure about. So almost like, being kind to them, even if they're not being kind to you, kind of just gets you a lot further in life and reciprocating.

Question 04:12

I agree. What's the best way to prepare for a College application?

Alexa Caramazza 04:23

The best way to prepare for a college application, I would say, would to start gathering all of your documents that you need, including like your GPA and all of that information. But then also kind of thinking about what would drag in, like what would attract them to you the most. Cuz I feel like it's been really hard for people to get into college because we learn how to like, write these essays in classes within high school, how to apply for college, I guess. But those essays aren't they want anymore. I feel like they always have this structured essay that they expect us to prepare. But also now they're kind of looking for more in depth ideas of who you are and who you want to be. So I feel like writing in a college application and everything, like just show them who you are and who you think you'll become at their school.

Question 05:36

How can I choose the right extracurricular activities?

Alexa Caramazza 05:43

I would. I always joined extracurricular activities based on who I knew within that activity. So I feel like a lot of it was a lot more fun because I did know a familiar face. But otherwise I would say just join something that you possibly think that you could be interested in. And then if you don't wanna pursue that, that's okay. Like for like pottery or art, it's not for everybody because not everybody is deeply artistic, but then you know that you're not artistic once you get there. So at least you tried.

Question 06:28

How do I deal with exam anxiety?

Alexa Caramazza 06:34

A big thing for exam anxiety could also be preparation. I feel like going into an exam and feeling prepared helps me a lot, but I do really struggle with having exam stress and anxiety. One of the things I had to do was go to like the Student Resources Center and kind of talk to them and see what, options I had for test taking issues. So they can always provide more help for that. And they can write notes like in your, like student information and say that you have more time than other students to take a test or complete us, like other assignments, too.

Question 07:24

What should I do if I'm falling behind in the class? Like I'm already failing?

Alexa Caramazza 07:31

One of the biggest things that professors, I think always say is to talk to them cuz they don't know what's going on in your life. And they'll probably just assume that you're just slacking off or you don't wanna be there. But if something is going on in your life, they can help you in try and figure it out for you so that you can pass. Yes, because one of my professors who I've, I'm kind of friends with now, she was more sad that students wouldn't reach out to her because she knows it's not always that case of students don't wanna be there. It's more of like, oh, they have to work to pay rent and they can't go to school at that time or other situations. So I feel like it's best to just communicate and they will give you other options. That's their job. They have to give you other resources to succeed.

Question 08:28

How do I make friends and fit in a new school?

Alexa Caramazza 08:39

I think putting yourself out there is probably the best. Seeing people who kind of almost look like you, address like you also helps. So if you're into more grunge aesthetic, then maybe there's a group at school who also likes that aesthetic and maybe you'll fit in there. But also like if you're very smart and want to join athletes or something, I feel like that would be a great way to make friends. But there's a lot of ways to make friends at new schools. You just have to put yourself out there in order to expand.

Question 09:17

Oh, how can I handle conflicts with teachers or classmates?

Alexa Caramazza 09:33

Definitely staying respectful. And even if it's a very bad conflict and it's very frustrating, saying respectful really does help make any situation a lot better. For professors, I would definitely say try and communicate with them and maybe you can find a medium ground where you both get along and like, you both agree. But for classmates, you don't always have to like your classmates. You and you don't always have to get along. Just as long as you're cordial and still not super rude to each other, then you can exist in the same room.

Question 10:23

How do I handle or what's the best way to choose a College major?

Alexa Caramazza 10:32

The best way for me was to try something out that I thought I wanted to do from high school, but then eventually it kind of evolves and you kind of change so that you will change your major multiple times. I change my major three times. But I think that's important too, is to like try something for a little bit, maybe even like the first year of college. And if it doesn't work, you

have plenty of time to change again. I know somebody who's wanting to change their major in their junior year of college, and it'll work itself out. So I think just picking a career path that you possibly think you're interested in, and it doesn't have to be something that you want to do for the rest of your life. You can pick something that's pretty broad, like communication or business if you have no idea what you wanna do, but it'll just help you gather skills. And then if you find something along the way that you wanna do, then you can do that and you can change.

Question 11:39

How do I deal with a breakup or if I'm having relationship problems when I'm going to college?

Alexa Caramazza 11:46

I'm not for my, a lot of my friends are actually breaking up right now. It's kind of weird. Like all of them are going through long term breakups. But in college, in high school, a lot of what I Learned is that you can't force anything to happen. And I think you just have to really remember and talk to your friends and feel the pain of the breakup. But also remember that you can't force anything to have Ben and whatever is gonna happen regardless. So you can talk to your friends, talk to a therapist, talk to a counselor and really feel the pain. If you're really mad, write some words on a plate, break the plate. But otherwise, you can't really do anything besides feel it. So feel it a moment ago.

Question 12:35

Okay, how can I improve my public speaking skills?

Alexa Caramazza 12:46

That's a good question. I have gotten a lot better with public speaking the more that I do it. So the more often that you're put in that uncomfortable state in front of people, the better. And there's, I think there's some clubs and stuff within colleges that also do like public speaking just as a group, so that you can be comfortable in front of a bunch of random people and then slowly get used to it.

Question 13:16

Hum.

Alexa Caramazza 13:17

But what helped me a lot was taking classes that require public speaking, because I know I'm probably gonna have to do it for my career path because I want to be kind of in management. So I definitely need to be better about speaking in public, but that definitely helps a lot to consistently do it so that you're not absolutely terrified when you have to do it once a year.

Question 13:46

Okay. How can I set and achieve academic goals?

Alexa Caramazza 14:04

Setting goals mentally can often, I feel like, let you down cuz like you don't have it right now or anything to hold you accountable. So I feel like either writing it out and writing out like a yearly kind of academic plan is very helpful, but also talking to your friends and setting goals between the two of you for academic goals and like social goals even is very helpful, because you can hold each other accountable based on what you said you would do and then what you ended up doing. So you can do a check in once every month. Maybe you see, how are you doing in this class? I know you aren't good at math. Are you succeeding? Are you failing? Just kind of things like that just to keep you going on your goal rather than just allowing you to let it go.

Question 15:03

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

Alexa Caramazza 15:11

If you're feeling overwhelmed by schoolwork, I would definitely say try and make a plan for the day, for a day whenever you have time to set out to finish at least one or two assignments. And do that every day until you feel caught up to just have like an entire time of the day just yourself to really think and get work done. I have to do that a lot just because I work a lot. So I feel like I'm behind sometimes. So I feel like that's the best way is to really set aside time specifically to work.

Question 15:58

How do I build self confidence?

Alexa Caramazza 16:06

For a lot of my friends and myself, I feel like a lot of self confidence comes from how you present yourself. So imagining yourself as your best and truest form of self was really what made me most confident, I think. So wearing the clothes that I really like and doing things that I really enjoy and not caring at all what other people think has really helped me. But also just treating myself well and talking to myself rather than talking down on myself, just kind of treating myself a lot better has built up myself confidence a lot. And I feel like that's a one thing that everyone needs to do more is kind of hype yourself up to where different things, and go out of your comfort zone to become the better version of yourself.

Question 17:06

How can I avoid procrastination?

Alexa Caramazza 17:17

That one's hard cuz I kind of procrastinate. I think as long as you aren't procrastinating to the point where you have so many assignments do all at once, I think you're fine. Just if it's like one assignment, you know, later you can get it done with him like a short amount of time and you feel like that's when you work best. Sometimes that does work for me but otherwise procrastinating like all of your work I always mentally set a different deadline ahead of time. So I have the extra time afterwards in case I don't actually finish it. So I if something's do if something were due today on the 26th, I would say it's due on the 25th. I had an essay yesterday and it's a theory essay and it wasn't very long at all, but it was due at 8 a. M. This morning and I knew I wasn't gonna write it at 6 a. M. This morning to turn it in by 8 a. M. So I set the date for last night instant and it was just a lot better that way cuz I finished it yesterday afternoon. And then I didn't have to worry about it.

Question 18:31

Awesome. How do I choose the right college?

Alexa Caramazza 18:46

Choosing the right college isn't necessarily like you'll never know if you chose the right college. I feel like you won't know until you're happy there. But for me, I chose to go to community college based on my financial situation 1st. And that was very helpful for me because I didn't love it there, but it made me want more for myself. So it made me want to go to SCSU. And SCSU is like where all of my friends go already. So I feel very at home there. But choosing the right college is really dependent on where you wanna be and what goals you have for yourself. And even if you don't know anybody there, it really will work itself out. And I think for a lot of people, like it's not the place or the college itself, it's more the people that are there. Surrounding yourself in an environment with people that you think are similar to in, like you would get along with, I feel like that really helps.

Question 20:01

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

Alexa Caramazza 20:13

If you're feeling pressured to engage in risky behavior, I would say don't associate yourself with those people. Well, as often, I think it's not. I don't know if you're feeling like very pressured to do something, those aren't good friends or if they're your friends at all. There are not good people to pressure you into doing something that you don't wanna do or like, not be understanding of you saying, no, that's not a good friend. So I think a lot of it is that people need to learn consent when going into college and kind of branching out from their homes cuz risky behavior does get people in really big trouble. Am I pressuring somebody into that stuff is just harming them. It's not useful. This down pressure yourself to think that's the only way that you can fit in because it's not.

Question 21:24

How can I find scholarships and financial aid for college?

Alexa Caramazza 21:33

It depends what college you go to. But for my experience, I found a lot of my scholarships through my high school, actually any of the scholarships that I've ever received were through just local donations and essay applications. And it was entire, like an entire online database where you uploaded your application and your essay and it kind of like broke down the scholarships that you fit into. And I know SCSU does the same thing. So it kind of shows you what essays herb, what applications you fall under and you can apply for. But I feel like that's very helpful but SCSU does the same thing and then a lot of financial aid, always fill out your FAFSA. I didn't fill out my FAFSA 1 year and I didn't get my tuition covered at Mesa. So never forget to fill out your FAFSA cuz it sucks not being able to get that. But preparing for job interview is very easy.

Question 22:51

How do I prepare for a Job Interview?

Alexa Caramazza 22:59

Kind of just reflect on yourself and reflect on questions that they could possibly ask you. But a lot of it too is like doing a little bit more research on the company. Whoever you're applying for, they're gonna ask you what knowledge you have of the company kind of but then also reflect on what duties you've POS, possibly had in the past for prior jobs or in school. But really do a good thorough job of kind of doing some self reflection so that you have your answers all prepped and ready. And you're not just like staring blankly at them when they ask the questions. Also, always dress a little bit nicer than your uniform would be.

Question 23:51

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

Alexa Caramazza 23:58

If you're struggling with your mental health. Definitely take some time to have a day with your friends. That always helps me, I think is to really take some time away from existing in regular daily life of work, school. I think taking some time to just think things through and journal and drink some water and eat good food. That really helps. But also just surrounding myself with people who love me is very helpful.

Alexa Caramazza 24:40

My computers.

Question 24:41

I've.

Alexa Caramazza 24:43

Sorry, keep talking.

Question 24:44

How do I build a healthy social life?

Alexa Caramazza 24:50

How do you build one?

Question 24:51

A healthy social life?

Alexa Caramazza 24:55

One second. Sorry.

Alexa Caramazza 25:04

Building a healthy social life, I would say don't surround yourself just with social media and what social media thinks that you should do. A lot of it is just fake. So don't think like everyone loves a certain way just because they post that way. But a good social life I feel like is a good boundary between some social events on the weekends and just getting a lot of work done and doing some self care during the week. So for my week, I always start my week on Monday, but I do self care and finish some homework or I have work. So then it kind of is like that throughout the week. And then on weekends, I transfer my time with my friends just cuz I feel like most people have the most time on the weekends available. And then you can get all of your social time in and meet new people. But you don't have to like constantly surround yourself with it.

Question 26:14

Take, see, these are so.

Question 26:27

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

Alexa Caramazza 26:34

If you're struggling with body image issues, one of the main things is, pretty much to stop looking at social media. Taking some descent from social media really help me when I was struggling with body issues, because I was just constantly looking at all of these girls Instagrams

of like what their body looks like in comparing myself. And I feel like after taking time away from that and taking time away from the idea of I constantly need to be working out, and constantly need we eating higher protein and not eating bad food. Like there's no such thing as bad food. Food is food. Like you're getting nutrients regardless. And I think a lot of that was really hard to overcome, but I think talking to people about it and possibly getting help from a specialist could really help.

Question 27:43

What should I do if I'm struggling with a learning disability?

Alexa Caramazza 27:51

Well, learning disability, definitely make sure that all of your teachers and professors know, but also just reach out for extra help through the school cuz they will give you every resource possible that you need. And they'll give you all of the extra and kind of help and everything, too. They'll give you time on essay or time on assignments and somebody to kind of keep track of your assignments for you. But they'll also just provide anything that you need to your specific and learning disability.

Question 28:36

How do I set boundaries with friends and family?

Alexa Caramazza 28:40

Setting boundaries is really hard, especially with family. I feel like it's hard to set a boundary once they've had access to all of you, I feel like for a long period of time. But setting boundaries for me has kind of been verbal boundaries, like just saying, I just need a little bit of space. Cuz otherwise, like if you completely distance yourself from somebody or kind of stop talking to them, they won't really understand and they'll kind of be more confused. So providing them with a little bit of insight as to what's going on. Just saying I just see a little bit more space. I don't that I don't like when you do this egg gauges for a better friendship. And if they don't respond to that, well then it's not healthy for you to keep going with that friendship or relationship.

Question 29:44

How do I ex, what do I do if I'm experiencing discrimination or racism at school?

Alexa Caramazza 29:52

Hum experience experiencing racism and discrimination for a. Lot of students at SCSU, I've heard that SCSU really isn't and LGBTQ friendly campus, honestly. But a lot of it just needs to be talked about more. Like if you have something like that happen, make a big deal out of it. Go tell literally everybody possible, post about it on social media and make it a big deal because that's

not something that we can take lightly anymore. It's not a joke. It's something that really happens to people. And I feel like we kind of push it out of the way a little bit now because everyone like seems to think that everyone is so woke or like just not, some people just don't care enough. So I feel like in order to s for everyone to understand and see that it's still happening and it's not something from the past. It means, we talked about a lot, navigating social media can be really hard.

Question 31:03

How do I ne navigate social media responsibly?

Alexa Caramazza 31:16

Cuz a lot of it, like you aren't sure if somebody is who they say they're, but always do a little bit more digging on somebody before you meet up with somebody. Or especially with dating apps. I feel like a lot of it, like you need to be talking with that person for a long period of time before you meet up with them. And you also need to know their social media to tell if they're a real person or not, but to also possibly call them on the phone and see if they sound what you would expect them to sound. Or always give your friends your location too. But with just like Instagram and such, definitely just be careful of all of like the scans that kind of go on.

Question 32:12

Which I do if I'm struggling with my gender identity or like my sexuality.

Alexa Caramazza 32:19

That I feel like is very common within people are age range. I feel like a lot of people are so kind of questioning and unsure of who they're attracted to or who they're. But I think a lot of it could be resolved by talking to somebody about it. So you can kind of formulate the idea of possibly making a major social change like that for yourself. So instead of keeping it to yourself and kind of sheltering, like the idea of coming out I think is very helpful because once you come out, I think you should just be able to be yourself.

Question 33:21

How do I manage my online reputation?

Alexa Caramazza 33:36

I think one of the best ways to manage your online reputation is to not be a bully or contribute to bullying online, or saying any kind of negative thing online because everything can be traced back to you. Keeping that in mind is very big, especially now because everyone can share, like trace an IP address and see all of these things about you. So you definitely just need to be careful with social media and being online because everyone will find out eventually if something really, really bad way to happen. Like you don't want that to happen. I feel like

people just need to be very careful with that because a lot, that's how a lot of people I could get cancelled.

Question 34:35

How do I handle conflicts with my roommates in college?

Alexa Caramazza 34:43

One of the best things for me was having roommate meetings kind of every month. So we would all schedule a time that worked for us at the end of the month to kind of sit down and have some snacks together and watch a movie. But then also. Just kind of communicate about issues that we think are going on inside the house so that we don't build up any resentment for each other. I feel like that was very beneficial so that we didn't have any petty awkwardness going on. Mostly just communicating honestly. If you don't like that somebody leaves out their dishes, tell them that. Just say like, hey, can we all be better about dishes? You don't even have to directly point at them. Like you can literally just say, like, can we all work on this instead of saying, like, , can you please do your dishes? Like it's just a lot nicer that way. And I feel like it's more beneficial for everyone.

Question 35:46

How do I prepare for the transition to college life?

Alexa Caramazza 36:02

I wouldn't even really say like prepare for harder classes because honestly, I feel like my classes are kind of equally as challenging as they were for me in high. Cool. But definitely prepare for a little more of a harder workload and just longer classes. So a lot of that falls into just your daily life as well. But I think otherwise prepare to kind of just have a major change and give it a lot of time before you try and quit. So given at least a year before you say, okay, that's it, I need to go home or I need to move, because I feel like that's what a lot of people do. They quit too early on and they don't give it enough time to kind of let themselves settle in, to meet enough people to be happy. Cuz I don't know, I feel like it's just hard. It's a really hard first year.

Question 37:18

Sorry, these are like repeated questions.

Alexa Caramazza 37:21

No, you're fine.

Question 37:21

Just how do I develop strong leadership skills?

Alexa Caramazza 37:37

Some leadership skills are very natural coming to some people. But I think you can also just learn leadership skills from observing other people and how they behave. So if you have somebody that you look up to, kind of observe their behaviors and kind of take off the good part of what they do and see the impact that they have on other people possibly so that you can get a good idea of how you wanna persuade you, like present yourself and how to help other people.

Question 38:20

How do I balance academics in a Part Time Job in college?

Alexa Caramazza 38:27

Balancing academics. I found that finding a part time job that really actually does work with your schedule will completely change your college experience. Because otherwise if you have a job that doesn't work with your class time, but also respect your time outside of school so you can get work done is something that you absolutely need. You need a job that doesn't give you too many hours and doesn't overschedule you, but also like respects your time while you're there. So for me, I work one need to 25 hours a week and I feel like for me that was like the perfect balance between working and going to school. So just finding a happy medium where you're not overworked and constantly running around. But it definitely takes, it takes a long time to kind of establish a comfortable spot because school and work are constantly changing. I feel like it just helps to, have a set schedule, but also have a manager or somebody that will help you with your schedule.

Question 39:44

What do I do if I'm feeling homesick?

Alexa Caramazza 39:48

Failing homes because a really hard thing for a lot of college students. But one of the things that help me when my parents weren't living in San Diego was making food that my mom would make. So it's just very comforting. But also, I feel like watching movies, too, that I would watch with my parents is very comforting. And then, remember, I feel like just kind of calling them to, like calling my parents or my older brother kind of got rid of that homesickness for a temporary time for me. But keeping up with them, too, just keeping in contact all the time.

Question 40:39

What should I do from experiencing mental health challenges in college? I think I already asked you that, but it's best specifically in college, like who should I talk to?

Alexa Caramazza 40:52

Specifically in college, there's a lot of resources for mental health. There's a bunch of clubs to actually, like, there's a bunch of clubs that focus on mental health awareness to kind of spread the word of things, but also like support each other. But I would always say there is free, like free counseling for whatever college you go to. It could be counseling for any kind of help that you need, whether it's emotional or academic, you can get help through there. And I think that's the best opportunity, especially in college because they deal with college kids and mental health all the time. So they definitely have the best answers.

Question 41:50

What should I do if I'm experiencing burnout at work?

Alexa Caramazza 41:58

This probably isn't the best answer, but if you're experiencing burnout and you're just absolutely exhausted, it is okay to call a insect. That's one of the things with our generation that past generations don't do, is Colin sick for your mental health. And I'm a big, big believer in that because if you're exhausted, you're not gonna perform well and you're not gonna be your best self and you're gonna be tired. And I think if you're experiencing burnout and you really don't feel good and you just need to rest and take some time for your mental health, it's okay to call off work.

Question 42:43

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

Alexa Caramazza 42:55

Making a positive impact isn't very hard, honestly. I think making a positive impact can be anything from just spreading kindness all day to Mike what you did, give away flowers or kind of just take care of people in your community. If you want to make a major change, definitely start small. Kids starting small will help you kind of grow to like bigger and bigger parts of the community. But I think like and specific instances, definitely work on changing things and making an impact within your college and then kind of expanding. I feel like the best impact is changing the minds of the people like us who are going to our college, and then they can help spread that.