Hajir Al Obaidi : Triple V App Data

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**Transcript**

Question 00:05

what's your full name and is there a story behind it?

Hajir Al Obaidi 00:10

Okay. My full name is Hajie Alabadi. It's like my, the story behind my name is that my parents always wanted religious names for ours, for all their kids. And initially, when they did get, when my mom did get pregnant, they pick a religious name for a boy and then a religious name for a girl. So my name is since I'm Muslim, they do this thing where we have the Prophet Abraham, he had 2 wives, Sarah and me. So like my name, so they wanted to pick that name for me. And then, and I think the first, the, the boy name was Omar for the boy, if they did get a boy. So that was it. But my mom really wanted Donna, that was my sister's name. So she really wanted that as well. So she initially did wanna do that, but then it was a little too late cuz my dad already signed a paperwork for my name, but they picked it for my other sister.

Question 01:27

where were you born and raised?

Hajir Al Obaidi 01:30

Okay, I was born in Iraq and I basically lived there until I was 8 years old. And then that's when we move to San Diego. So I lived in El Cajon first for two years until I was 10. And then we move to a place called Timulus Obispo. I don't know if you've heard of it, but so we lived there for four years. And then after that, when I started high school, we moved back to San Diego. But now we currently live in marmesa. So we don't live in alco and anymore, but we still live in San Diego. So we really like the areas San Diego.

Question 02:22

can you tell me about your family?

Hajir Al Obaidi 02:26

Okay. I have, I live with my two parents and then I live with my other two sisters. So both of my sisters are in high school right now. One of them is a freshman in high school and the other one is a sophomore.

Hajir Al Obaidi 02:40

I would say throughout our childhood, they were pretty close in age. So they were really close to each other. But I mean, it was really fun growing up as like three sisters. I would say if we did have a brother in the mix, it would be very different. But I mean, I enjoyed growing up with all sisters in the family.

Question 03:01

Do you have any siblings or are you close to them?

Hajir Al Obaidi 03:06

So kind of like how I mentioned already, I had, I do have two sisters. The second one or like the one that, they're both younger than me. So the one that's in a sophomore in high school, her name is Donny. And the other one, the freshman, her name is Offnon. So I'm pretty close to both of them.

Question 03:24

What's your favorite childhood memory?

Hajir Al Obaidi 03:29

I would say it's kind of pretty cliche, but I would say always going to like my grandparent's house every single Friday. Cuz in Iraq, the weekend, it's kind of different from here. It was the weekends in Irau, in Iraq are like Fridays and Saturdays. So every single Friday it's like my dad would take us to our grandparent's house and then we have our two cousins there or like my aunt. She passed away, but we're pretty close to both of them. So they would always like come to my grandparents house and we would have like the best time ever. And then my grandpa was really good at making tea. So that was like his specialty. So he would like make us see every single time we would be there. So I would say just like that memory of being in my grandparent's house and like hanging out with my cousins.

Question 04:23

What's your relationship status and what do you look for in a partner?

Hajir Al Obaidi 04:28

Okay, I'm currently single, but I would say somebody like when I get into a relationship in the future, I would look for somebody who is pretty dedicated to their work, who is hard working, committed, obviously has a good attitude cuz I know that kind of gets lost in the mix if somebody's super into their work and they don't obviously put forth enough effort or not as nice to other people. For and I know this is kind of controversial, but I feel like somebody who treat either their sister or their wo their mom pretty well cuz I feel like if they do that then they're gonna treat all women pretty well. So definitely that aspect as well.

Question 05:24

What do you do for a living and do you enjoy your job?

Hajir Al Obaidi 05:29

Okay, so I currently don't have a job, but I would say I'm basically still applying to internships and I want to get into a stem kind of internship. There's this opportunity that I'm gonna apply for that is looking for tutors who can like teach science and math. So I really wanna get into the teaching field. So I think that's like a pretty good opportunity and I also have done internships in the past like one internship that I did was in my s juniors year of high school and it was basically like making science kits for teachers in our district. So that was pretty fun. So I'm looking for jobs that are similar to that and then that also encompass the teaching field as well. But I don't have a job as of right now.

Question 06:23

Have you traveled much and what's your favorite destination?

Hajir Al Obaidi 06:30

Okay, so I haven't like traveled as much throughout the years but I would say ever since we came to the US, our plan was to basically go back to Iraq and visit every once in a while. So actually during my junior year of high school and my senior year of high school, we got to go back and visit family. So that was a very big memorable experience for me cuz especially the first time we went there. I didn't see any of my family members for the past 8 years. So that was a huge thing for me to go back and see them again. It was so emotional as well. I mean, the sad part of it was that my grandma passed away while we were here. So we didn't go back can get to see her. But I mean, all in all, I would say it was a very good experience going back.

Question 07:26

What are some of your life goals and aspirations?

Hajir Al Obaidi 07:31

Okay. I would say my life goal has always to be to like make my parents happy and to make myself happy, whatever that would look like. I would say my friends are pretty supportive so whatever it takes to make them happy and make them proud, that would be like my ultimate life goal. And then my aspiration, I think I've already touched on this, I really want to become a high school teacher or maybe even a college professor. So that has always been on my mind. So I would like really aspire to be a teacher in the future.

Question 08:14

Do you have any significant personal achievements you're proud of?

Hajir Al Obaidi 08:20

Okay, I would say okay. When I was in sixth grade, the elementary school that I went to, they did a promotion for all 6 creators and I know some schools like they graduate when they're in fifth grade, but my middle, my elementary school, they did it when we were 6 grade. And basically every year they would like honor like two students who have been working hard throughout their elementary school years.

Hajir Al Obaidi 08:52

So I was like one of those students who got the award and they basically just like engrave your name on a blackboard and then they would like hang it in the front office. So I would say that was like a pretty big achievement because I went to like a pretty conservative elementary school and not a lot of people who will look like me got to experience all of that. So that was pretty memorable and I'm really proud of that.

Question 09:22

What are your favorite hobbies or pastimes?

Hajir Al Obaidi 09:26

Okay, one of my biggest hobby of all time, I would say it's started in elementary school and it's like been with me throughout all these years until now. I would say it was reading. So in my elementary school years, our school was really big on getting everyone to like get their reading level up and all that. So that kind of just inspired me to like have that as a hobby. I think. I wouldn't say it's like really big right now, but I really liked to draw when I was younger. So that was also a very big hobby of mine.

Hajir Al Obaidi 10:04

And then the other one, it's like kind of sports related. I really like watching and playing soccer because like I mentioned before, since I'm from Iraq, that sport is like a very huge sport in there. I know it's not really huge in the United States, which I don't really understand. But I mean, I really like the sport. So I really like watching people play it or even like playing it on my own.

Question 10:36

Are there any sports or physical activities you enjoy?

Hajir Al Obaidi 10:40

Like I mentioned before, soccer is like my biggest one. So I really like playing it and watching it. And then also the other one, I didn't really touch on it before, but it's basketball. I really liked basketball when I was in elementary school specifically. I don't really enjoy it as much now, but I do play it sometimes when I'm with my sisters.

Question 11:03

What types of books, movies or TV shows do you like?

Hajir Al Obaidi 11:07

Okay, so in terms of movies, I really like the movie wonder. I don't know if you've heard of it before, boy, but this movie, it was also a book as well. I've read the movie and read the book, but I think the story behind it is just so inspirational and it gets me emotional every single time I watch it. So I would say it's a very memorable movie for me. In terms of books, it's gonna sound so cliche, but I really like the Harry Potter series. I've watched all the movies, I've read all the books. They're like they hit every single time.

Question 12:13

Do you have a favorite musical genre or artist?

Hajir Al Obaidi 12:18

I'm like open to all the me different music types out there. I would say I mainly listen to pop music and K pop. K pop is really huge right now. So I do really like K pop and pop music. I kind of just like the cliche artist out there. I don't know. I feel like everybody used to have like a Justin Bieber phase. So I used to have that phase. I wanna say I'm too picky on music. And I really also, I feel like it's not really talked about that much, but I really like Middle Eastern music. I feel like it's like the perfect celebratory kind of music. Like it always gives you good vibes when you listen to it.

Question 13:21

Are you into any arts or crafts like painting or writing?

Hajir Al Obaidi 13:27

Okay. I'm not super, I'm not an artistic person. I know I said I really like to draw, but that was like more of a younger me kind of thing. But I do, you mentioned writing. I do really like to do creative writing. So I kind of just, a lot of times when there's a topic presented to me, I just like to do a little blurb of everything. So I just like, when I get in the zone, I literally write like a full page of anything. So I don't know. I think creative writing is a very huge thing for me.

Question 14:07

are you passionate about any social or environmental causes?

Hajir Al Obaidi 14:15

So obviously social causes. I feel like when it's a group of people who kind of relate to me and it's like a topic that I'm passionate about, then I'm interested in social causes. Environmental causes, I would say mainly like the topic of climate change. That would be a very huge topic that I don't feel like a lot of people talk about. Obviously, you have people like Greta Thenberg who obviously advocate for that kind of thing. But in terms of social causes, I feel like I'm more into that kind of stuff, especially coming from a Middle Eastern background and being Muslim and all that. There's a lot of things that come into play when you're talking about social causes.

Question 15:03

What's something you've always wanted to learn or try?

Hajir Al Obaidi 15:07

Oh, okay, this is gonna sound really crazy, but I've never been in the snow before actually haven't been in the snow before so I would really like to do all snow related activities like skiing. I don't know it's really been just like on my plate but I've never been to a snow place before. I've always lived in California for so long and being from Iraq, I've I'm from Baghdad so it's so sunny in there. It's there you don't see any snow unless you go in the south. So I've never experienced that throughout all my life. I feel like if I was in a different state in a snow state not in California, then I would probably experience that. My dad, he has a friend who like lives in Missouri and they've experienced so much snow and I'm so jealous of that. But then they're also jealous of us since we're from California. So like, I don't know. I think it's kind of like a win win situation since I feel like I can't live in the snow, but I do like to experience something that's snow related.

Question 16:25

Do you have any unusual or hidden talents?

Hajir Al Obaidi 16:29

Oh, I think I'm like double jointed. I don't know. I think I'm double jointed. So I would say that's a hidden, it's not a talent, but it's something that's not really, I don't talk about it that much. So I would say that's an interesting fact.

Question 16:48

How would you describe your personality in a few words?

Hajir Al Obaidi 16:54

Okay, so personality wise, I feel like I come off as like super serious. But once you get to know me, I would say people would say that I'm really nice and open to hearing other people. So I would say being nice, understanding, those are like some of the few things that I feel like people would say about me.

Question 17:17

What are your core values in life?

Hajir Al Obaidi 17:22

My core values in life, I would say just always find happiness in everything that you do because I feel like a lot of times people, when they just like try something, they kind of get lost in it and they don't really find the good in everything and even if something bad happens, I feel like they always try to look at the negative aspects of it instead of just like also embracing all the positives. For example, like the example that just came to me is like when you're applying for a job and then you just get you don't get accepted I feel like a lot of people see that as like a negative thing but if you see it as more of a positive thing, then you're probably gonna be oh like I didn't get this job right now, but maybe I'm gonna get a better job in the future so I would say just find the good and everything find happiness in the in everything that you do. This is one of my biggest core values that I can think of right now.

Question 18:30

Are you an introvert or an extrovert?And how does that affect you?

Hajir Al Obaidi 18:35

Oh, okay. This is okay. That's a really good question. Cuz I feel like I'm kind of like in between I would say introvert in the sense that I don't I like my alone time. I would say even though I like to talk to people and be surrounded by people, I also really value alone time. I feel like everyone needs it. So in that aspect, I would say I'm an introvert, but I also like I said, I really like to talk to people like if somebody's gonna have a conversation with me, I'm not gonna be all awkward about it. I feel like introverts kind of veer away from conversations, whereas I put myself in the center of conversations. So I would say I'm a mix of both.

Question 19:23

What qualities do you value most in a friend?

Hajir Al Obaidi 19:27

Oh, okay. So, so in terms of friendship, I would say a good friend would be somebody who always stays in touch feel like this is a really big thing, especially now since feel like most people don't keep in touch even if you're talking about family members.

Hajir Al Obaidi 19:56

I feel like even family members don't keep in touch with each other, especially if you have distant relatives so definitely keeping in touch always listening to me and knowing stuff about me cuz I feel like a lot of friends as of right now, they don't really take the time to listen to other people and they always just wanna talk about themselves and not understand what is going on around them. So obviously staying staying in touch with your friends and then also listening to them and their problems as well. Those are my two biggest qualities.

Question 20:43

What's your approach to handling conflict or difficult situations?

Hajir Al Obaidi 20:50

Okay, I feel it. I think when you're in a conflict, the biggest thing that you could do that would benefit both parties is to take time and think about it on your own. Cuz I feel like if you're just in the zone and you're in that conflict with that person, you might want to just like go your separate ways for a little bit and then try to think about what is causing that conflict from your end and then from their end as well. I feel like yelling and arguing wouldn't like benefit anyone in that situation. Definitely go and think about it. And then once you do think about it, I would say also listening to the other person said, I think success and happiness is very different for everybody.

Question 21:35

How do you define success and happiness?

Hajir Al Obaidi 21:43

Everybody sees it differently. I would say whatever makes you happy and content, that to me is success because what I wanna do in life might be very different from what you wanna do in life and you might not find happiness and something that might be interesting to me. For example, like I mentioned, I wanna go into the teaching field that might not be like your definition of success to me, being able to be like a teacher would like me in the world to me, but that would make me happy especially so I would say just like if I know that this specific thing is gonna turn something on in my brain, that would be my definition of success.

Question 22:36

Are there any significant life experiences that have shaped you?

Hajir Al Obaidi 22:43

Okay, I would say when I was in middle school, kind of when I feel like this is it can apply to everyone, but when you reach middle school and like your teenage years, you kind of just feel yourself like turning into a different person. So to me, just like going through that phase that kind of really shaped me as an individual because I feel like if you don't go through that bad phase in your life, you're not even gonna get to experience the good phases in high school or even beyond high school. So I don't know, I feel like people see that as like a negative hiccup in the way, but I saw it more as like, oh, I have to get through this in order to see it through and be able to reach high school and even be on high school.

Question 23:45

Do you have a go to comfort meal or snack?

Hajir Al Obaidi 23:51

Okay, so in terms of meals, there is this Middle Eastern meal that like my mom always makes. It's called DOMA. And I love that meal. Like my dad is not a huge fan of it. I don't know. I don't understand how. But it's always like, it's the thing where you have like vegetables and then you stuff meat and rice inside. And it's always like been a comfort meal cuz I've had it since I was young and even my mom makes it right now. It takes a long time to make, but I feel like when you do have it, then you kind of just like, it's it key. It gives you all these warm vibes and all that. So that's definitely a comfort meal. In terms of snacks, I'm not really a huge snacker. So I wouldn't say like I have a comfort snack, but I do have some favorites. So I don't know if you've heard of the Pocky sticks. So I would say that this one is definitely you wanna like my favorite snacks of all time.

Question 25:24

What's your favorite season and why?

Hajir Al Obaidi 25:28

Okay, so I have a couple I would say definitely summer just because I feel like I it's kind of like more sunny out you get to go to the beach, you get to experience the hot weather. So for me definitely summer but then I do also like fall just because you're kind of just like looking at it's kind of like a transitional phase between the summer and the winter cuz winter I literally hate winter cuz it's so much more colder than the fall but falls like the perfect temperature whereas it's not super hot but it's not super cold either and I really like also looking at all the leaves changing color from being all green in the summer to like being all like orange and brown in the fall. So that's also a very huge thing for me in the fall.

Question 26:23

Can you name a book or movie that profoundly impacted you?

Hajir Al Obaidi 26:29

Oh, okay. So I mention this earlier, the movie wonder, it's basically about this kid who had a condition when he was younger so it kind of messed up with his face and he had to go through I believe it was like middle school. And like I mentioned before, middle school is just like not the greatest phase for a lot of people. Cool. So you could imagine how that would be for a person who has a condition like him going through the toughest time in his life. So for me, that kind of just like gave me a lot of empathy for people like that. And I feel like if you don't watch a movie wonder, you're never gonna like feel total empathy for anyone with similar situations.

Question 27:21

What's your favorite way to relax or unwind?

Hajir Al Obaidi 27:28

It's kind of like super cliche, but I really like just having a book in my hand, like reading a book and then either like turning on a seasonal kind of movie or TV show, something like right now we're in a fall. So anything that's fall related. I would say those are my two ways of unwinding.

Question 27:54

Are there any specific daily rituals or habits that you have?

Hajir Al Obaidi 28:01

So in terms of like daily of rituals, I feel like something that I obviously do every day is set because of Muslim that we have five different times where you have to pray. So that's something that I do every single day. But no matter what day it is, in terms of habits, I don't really have any specific things that I would say are memorable. It's kind of just like getting ready for school coming back. So it's not really. I don't have a set schedule, if that makes sense.

Question 28:38

What's your favorite type of weather?

Hajir Al Obaidi 28:45

I do really like hot weather. Like I mentioned, summer is like my one of my favorite seasons, but I also kind of like it a little bit cold or not like too cold. So not anything in the winter. So I would say like mild cold and then really hot weather.

Question 29:06

Have you ever had a life changing travel experience?

Hajir Al Obaidi 29:12

Okay, so I kind of touched on this before, but I did go to Iraq, my original like where I grew up two times within the past two years. So that was a pretty memorable experience because I got to see all my family members that I haven't seen in years and everyone has literally changed so much. And I feel like I've changed so much, not even just like looks wise, I feel like personality wise, like I'm not the same person that I used to be when I was like 8 years old who left Iraq and came here. So that was pretty cool to see how everyone literally changed from that time that I saw them. And I even had a cousin who wasn't born when I was like, and you're out can. I was 8 years old. And then when I came back, it was like my first time ever seeing her and she was like 5 years old. So it was really, really memorable.

Question 30:09

Is there a place you dream of visiting someday?

Hajir Al Obaidi 30:15

My parents have always talked about going to an Arabian Gulf country like Saudi Arabia, the UAE, Qatar, I would say these are my top favorite countries to visit cuz I feel like nobody really talks about them a lot. They kind of talk more about European countries, but I feel like the Arabian Gulf countries should be given more credit. They're really like I've been to the Qatar airport and from what I can see, I really liked that airport more than I like the LIX airport, which is like crazy to say, but I really did. And right now thinking about I'm, I like the airport, but then what about if I like visit the whole entire country? Like that would literally be the best thing ever. So I would say just like going to an Arabian Gulf country, that would be like on my top list.

Question 31:07

Do you prefer city life or the countryside?

Hajir Al Obaidi 31:12

So I've never been to any country areas. Like I've always been in the city. So I would say city life is like a place that I would see myself living in like right now in the future.

Question 31:29

Have you ever taken a spontaneous trip and what happened?

Hajir Al Obaidi 31:36

I'm not really much of a spontaneous person, but I would say just like a lot of times my mom, she has like friends who have kids as well and they always spontaneously come up with hangout days to just like see each other. So they're not really huge trips, but we basically just like see each other every once in a while. And I would say those are spontaneous cuz they're never like very plan. We kind of just like do what we always do, like go to park and then have a picnic. So that's kind of like our form of spontaneous strips.

Question 32:22

Do you enjoy outdoor activities or adventure sports?

Hajir Al Obaidi 32:30

I would say outdoor activities maybe cuz I mentioned picnics. I also really like to do like sports and all that. So I would say these are kind of like outdoorsy stuff that I always enjoy. I mean, I'm always open to try and like more things, but since I always do these kind of outdoor activities, I would go with that.

Question 32:58

What's the most beautiful natural scenery you've witnessed?

Hajir Al Obaidi 33:04

Oh, I don't think I've not. Oh, okay. So I would say the sunset was like literally the most beautiful thing I've ever seen. Like especially when you drive on a highway and then you see it like over the mountains and like you see all the colors in it. I literally have so many sunset pictures cuz I always like, like to capture that kind of thing when it happens right in front of me. It literally brings such a calming vibe to you when you see the sunset. So I would say that's the most beautiful thing I've like the senior I've ever seen.

Question 33:48

How do you approach making and maintaining friendships?

Hajir Al Obaidi 33:54

Okay. So I would say when you're making it or when you're getting into a friendship, you always just wanna be out there with that person. You always wanna stay in touch cuz I know a lot of times when you're literally just getting into a new friendship, that person might not really know you as much. So like you always just wanna put yourself out there, make sure that you're communicating a lot cuz I know a lot of times connections get lost when you don't connect with that person. And we need don't like stay in touch a lot. So definitely staying in touch would help with keeping that friendship.

Question 34:38

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

Hajir Al Obaidi 34:46

So I would, oh, so I had like a very close friend in high school and I think the thing that I admire most about her is her sense of a humor. Her and her sense of like, I would even say bluntness because she's not really afraid to like sound a s a certain way. She's kind of just like out there. So I would say like her sense of humor and bluntness kind of just like are the things that I admire most about her as a friend.

Question 35:23

What qualities do you value most in a Romantic Partner?

Hajir Al Obaidi 35:31

I think I've touched on this before in the very beginning, but I would say just somebody who is hardworking, who's nice. And I even mention how like they have to be treating their mom and their sister, if they do have a sister, pretty well. Cuz I think that kind of translates into you treating all women pretty well.

Question 35:57

How do you handle disagreements or conflicts and relationships?

Hajir Al Obaidi 36:04

So I tend to like, whenever there is a conflict, I tend to just like I would say even try to get their point of view first. And if I don't really agree with their point of view, I'd just like take time off and try to think about the conflict on my own. And then once I come to a certain conclusion, I try and resolve that conflict again with that person and then hopefully come to an understanding.

Question 36:35

Do you believe in soulmates or lifelong friendships?

Hajir Al Obaidi 36:40

Oh, that's a good question. So I feel like a lot of people, when they look at soulmates, they always think of like romantic partners. But I feel like soulmates can be literally like, I don't know, like a sibling or maybe even a friend. So I feel like lifelong friendships for me are kind of like what I believe in the most because soulmates, it's like a very kind of topic that nobody really agrees on. I feel like people either say, oh, like it has to be a romantic partner or it has to be a sibling. So it's not really a topic that people agree on the most. But I feel like lifelong friendships, everyone knows what that is. So I would say lifelong friendships are kind of like what I believe in as opposed to soulmates.

Question 37:32

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

Hajir Al Obaidi 37:40

So I would say the best relationship advice I've ever received was staying in touch with that person. Cuz I think especially in long distance relationships, I feel like a lot of people focus on that specific advice because if you don't stay in touch with that person, you're obviously just like losing that as a whole. Because if you do have that person right next to you in the same city, it's really easy to see them a lot. But when you're in a long distance relationship, not staying in touch with them will literally destroy that relationship. So I'll, I've been saying this for friendships and relationships, but I feel like just staying in touch with that person, make sure that you're reaching out as much as you can. It doesn't have to be like every single day, but like I feel like it has to be a lot of days throughout the week so that you can maintain that connection. As well.

Question 39:37

Are there any unanswered questions or mysteries that fascinate you?

Hajir Al Obaidi 39:39

Right?

Hajir Al Obaidi 39:47

Okay. I would I would say like right now, since we have like the Israeli Palestinian conflict and it's like a conflict that's been going on for so long and it hasn't been solved, I would say that it doesn't necessarily fascinate me, but it does I kind of like question people's morals a lot when that conflict comes up. So it makes me want to question stuff as opposed to fascination like you mention. But I would say conflicts like these that have been going on for so long and they haven't been solved. I would say I kind of just like get questions out of them and I start to value my own morals a lot more cuz I think about the subject and I feel like some people don't do their own research a lot on some things. So that kind of also impacts my point of view and their own morals. So stuff like that.

Question 40:52

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

Hajir Al Obaidi 40:58

Oh, I would. Okay. So I feel like before the age of social media, a lot of the things that we're saying didn't really happen as much. And I'm not talking about the positive aspects of social media. I'm talking about more of the negative aspects like misinformation, false information, that kind of thing. I feel like if social media didn't exist, then we probably would have a lot less of misinformation and false information. So for me, just like luring people's intake of social media or even, I feel like this is radical to say, but like banning social media as a whole, that would be something I would change about our world. But then again, you would be taking away all the positive aspects of social media. So I wouldn't necessarily ban it as a whole.

Question 41:59

do you believe in fate, free will or something else?

Hajir Al Obaidi 42:07

Fate free will. Okay. I feel like fate, I would I definitely believe in fate. I feel like certain things are just like meant to happen. So I don't know sh so I have a little story. I don't know if we have time to talk about it but so for me, there was like I mentioned that like getting the award in 6th grade and like getting my name put in the front office.

Hajir Al Obaidi 42:36

So the other person that also did get that award, I haven't like seen him that specific person, I haven't seen him or talk to him ever since I was in 6th grade cuz I've been moving cities and all that and I moved schools. I believe we did go to the same middle school, but I didn't have any classes with that person so we never talked. But then the very beginning of freshman year, so I'm liking my freshman year of college right now, I was like sitting in one of the areas in our campus and then that person I kind of suspected that it was them but and I really wanna assume and talk and and put myself out there cuz I didn't wanna have to do with the awkward situation if it wasn't them. So I didn't like say anything but they literally turned around and they're oh, like, is that really you? They like forgot my name, obviously, cuz it's been like seven years, but they recognize who I was. And like that to me, I mean, I would see it as like fate, but I don't know. I didn't even realize they like went to that same college that I did. And keep in mind, like San Luis Obispo was like six hours from here. So I was like, that's like kind of, that's really weird that like they come here and then like I come here. It's so weird. And we haven't talked in seven years. So that was like really cool.

Question 43:59

Did you guys like, reconnect?

Hajir Al Obaidi 44:02

I mean, some, I wouldn't say we reconnected, but I mean, I do see him around campus a lot. So I mean, like saying hi and all that, but we didn't like necessarily reconnect I would say I cannot mention this already, but I would say just being happy and content that would be like my my main s thing about the meaning of live of life.

Question 44:15

What's your take on the meaning of life?

Hajir Al Obaidi 44:38

Cuz I feel like if life if you're not happy and content with what you're doing, what's happening with you, then your life is probably not that meaningful. And there's so many sources of happiness that you could find in life. It doesn't need necessarily have to be job related. It can be something related to your family or your hobbies or something like. Like that, but just like finding happiness in those little things that would make your life probably a lot more meaningful.

Question 45:12

How do you view the balance between science and spirituality?

Hajir Al Obaidi 45:18

Oh, okay. This is like a conflict between scientists and spiritual leaders a lot but I would say with science you kind of just have to believe in the basic morals of it. So I think a lot of people kind of confuse like the topic of flat earthers or like people who like believe that our earth is spear spherical especially scientists. So I feel like with that kind of thing, you want to refer to science more as opposed to spirituality because I feel like a lot of things that happen in the past, especially since people like reference the Bible a lot when talking about that kind of thing. I feel like you don't wanna reference that cuz you can't really test it. And anything that you can't test, I don't think you should go behind that information. So anything that like science can definitely test, definitely go with that information from science. But anything that like spirituality says about the earth being flat, I don't think you can go behind that cuz you can't really test it. So, okay, okay, I'm gonna talk about guiding principles, my guiding principles in life.

Question 46:44

what's your philosophy on life or your guiding principles?

Hajir Al Obaidi 47:00

So this is something that I struggled with for the longest term, longest time ever, but like asking people for help when you need it, that would be like a guiding principle for me at least, because I feel like a lot of people, when they do go through struggles, they're afraid to speak up or embarrassed even to speak up. And I don't think that necessarily can help you out. For people who do struggle with speaking up and asking for help, having that guiding principle being, oh, no, like you should reach out, you should ask for help, that's pretty important.

Question 47:38

Perfect. Okay, I'm gonna stop recording.

question 00:05

have you ever had a major turning point in your life?

Hajir Al Obaidi 00:12

Okay, I would say the major turning point in my life would be like going to college and actually like experiencing that cuz it's very different from elementary school and high school. I know a lot of people say that, but once you experience it, you actually understand what they're saying. So I would say that's like the major turning point in my life.

question 00:33

How do you handle failure or setbacks?

Hajir Al Obaidi 00:38

Okay, so the thing I always try to tell myself when I experience failure on setbacks is that there's always gonna be a next time. So even though I messed up right now, I still have another chance to fix that problem once it comes up. For example, if I fill a test or don't do s good on a certain thing. I always tell myself that once this thing comes up again, I'm gonna do everything I can to avoid turning into that same problem that I experienced in the past.

question 01:12

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

Hajir Al Obaidi 01:19

I would say I learn that I'm very impatient when it comes to a lot of things for example, when I have to sit through I don't know an hour lecture, it doesn't seem like a lot, but I try like I found out that I'm very impatient when it comes to that lecture thing. I always have that in the back of my mind. I'm okay, I still got like this number of minutes until this lecture ends or when I'm studying for something I just can't seem to sit for a number of hours just like doing that same exact thing. Or even if it's like, I don't know, going to a grocery store, I'm just like these tiny little things. I just found that I don't have motivation for them or I'm impatient and I want them to be done already.

question 02:16

Do you have any personal mantras or quotes that inspire you?

Hajir Al Obaidi 02:23

I wouldn't, there isn't specific quotes that really inspire me, but I would say like individuals who have inspirational quotes inspire me, such as like Nansa Mandela. I feel like he's a very prominent figure when it comes to ending apartheid in South Africa. So a lot of the things that he was saying, like none of them are like coming to my head right now. But a lot of the things that he said, I feel like a lot of people can associate with and his ideas are really inspirational. So I would say he's a very big figure that I look up to.

question 03:00

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

Hajir Al Obaidi 03:08

Okay, my biggest fear is failure. So I'm working towards not having that be my biggest fear cuz I know, I don't know, failure is like such a broad thing to think about. And I feel like being afraid of failure just means that you're not willing to experience growth. And I know that's not true for me cuz I'm always like willing to put an effort to experience that growth in my life. So failure, I would say that's like the biggest thing I'm trying to like get over or overcome.

Hajir Al Obaidi 04:16

And also a lot of people say like asking questions or seeking help is also like a fear that a lot of people have and I have that too.

Hajir Al Obaidi 04:23

But I feel like we shouldn't have that fear cuz if you're not seeking help and asking questions, you're not you're not understanding things and you're not growing as an individual. So I feel like just understanding that it is okay to have moments of weakness or misunderstanding that can also help you reach that level of understanding that you're seeking.

question 05:06

What's the most valuable life lesson you've Learned so far?

Hajir Al Obaidi 05:13

I would say the life lesson where people just tell you to keep going or keep trying, that is a very prominent thing that I like learn throughout my life because I feel like a lot of the times when I want to give up or I don't feel motivation to actually keep trying, keep going, that life advice is like always in the back of my head.

Hajir Al Obaidi 05:37

I'm like, okay, there is gonna be an end goal and I wanna reach that end goal and I'm not gonna reach that end goal unless I actually put in the work, put forth a lot of effort to reach that end goal. So that life advice really resonates with me, especially when you're trying to reach those big monumental like goals in your life. Like right now, like reaching college, going to college, that was a big goal for me throughout high school. And if I had it like kept going, I don't think I would be where I'm at right now.

question 06:11

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

Hajir Al Obaidi 06:17

Oh, okay. So I don't know where I would see myself in 20 years or even 10 years, but I would definitely say 5 years from now, I hope to graduate from college and hopefully become a full time teacher in my old high school.

Hajir Al Obaidi 06:32

So right now I'm planning on going back and teaching in my old high school cuz I have another scholarship that's for like aspiring teachers and you basically have to keep working in the San Diego Unified School District for three years after graduation. So I'm planning on doing that after four years of college. So I can basically just fulfill that requirement and then I'll see where I wanna go from there if I wanna keep teaching or I wanna do something different. Cuz the degree that I'm like aspiring, the green biology, I can do a lot of different things with it besides teaching. I wanna see my options after those 3 years.

Hajir Al Obaidi 07:46

But other than that you can basically work a bunch of different jobs. So I wanna be able to seek other options if there are options that I'm interested in.

Hajir Al Obaidi 07:55

But as of right now, like five years from now, I do wanna just like go into the teaching field just so I can fulfill that requirement and the scholarship that I have, just like I touched on, I just wanna be able to graduate and get a degree in biology and then see what other options I can go into after that.

question 08:23

If you had unlimited resources, what would you do with your life?

Hajir Al Obaidi 08:29

Oh, so I feel like money is a big thing that like a lot of us like whenever we wanna like go through a specific goal, money I feel like is the biggest setback for a lot of us. So if I did have enough money, I would, a lot of the things that are happening in the world, I would probably try to remedy them using those resources. So biggest, I would say like environmental issues, social issues, even like political issues that are happening in the world, I would try to use those resources that I have, especially money, to try and remedy that.

question 09:08

Do you have a bucket list of things you want to accomplish?

Hajir Al Obaidi 09:12

Oh, that's a good one. I would, well, okay, the biggest bucket list I had was graduating from college, but I would also say making new friends and basically just like reaching out to more people. Cuz I would say even though in the last interview I did, I said I'm kind of like a mixture of an introvert and an extrovert. I feel like when it comes to making friends, I'm like very much an introvert because I don't reach out to like a lot of people and I don't like put myself out there and be like a close friend to them. Maybe I will talk to them and have conversations, but I wouldn't like consider that being friendships. So I would say even in the field that I'm in right now, having friends and having close people that you can talk to is really important. So my biggest thing right now that I want to accomplish would be just like reaching more people and making new friendships in college cuz I do have friendships that I made like in high school, but I want to like reach out more and I don't know, experience like a broad spectrum of people.

question 10:45

What legacy would you like to leave behind?

Hajir Al Obaidi 10:51

Okay, so I would, okay, whenever I'm thinking about accomplishments that people made, I don't really think about that specific accomplishment I made. I think about the work that was put towards reaching that goal. So for me, I would want people to see the work that I put forth instead of the actual end goal that I reached. So I would want them to think about how I was like a very hard working person or somebody who kept trying despite the struggles that they based. Those are the kind of legacies I wanna put, I want other people to think about instead of just like random accomplishments that I made. I know a lot of teachers especially, they always say we don't think about the students who got the best grades. We think about the students who basically just like had a lot of struggles throughout their childhood and persevered through school. Those are like the kind of students that stand out instead of the people who got good grades on every single test they had. So that same idea applies to what I want people to think about when they see me as an individual.

question 12:03

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

Hajir Al Obaidi 12:08

Oh, okay, this is gonna sound really cliche, but I want to be able to fly anywhere I can without worrying about money or resources. Cuz right now we can fly wherever we want, but we have to basically pay for a plane ticket or I don't know, like pack or suitcases tho. So those are like resources that we don't really think about when we're wanting to travel, but it's super important to think about those things. And if I can have that superpower where I can fly wherever I want without having to worry about all these things, that would be a really useful superpower.

question 12:48

What's your spirit animal and why?

Hajir Al Obaidi 12:55

Okay, I don't really don't really know too much about spirit animals, but if I had to pick an animal that would really stand out, I would say a lion because I feel like with lions, we always think of them as like the king of the jungle and all that. But for me, it's not so much as that idea, but it's the idea that whenever I'm in groups with individuals, I always try to like be the leader in that situation, if that makes sense. I was try to keep conversations going or I always ask questions. So I would say just like putting myself out there in groups would make me want to say a lion as my spirit animal but again, I don't really look into that kind of stuff a lot.

question 13:44

If you could time travel to any era, where and when would you go?

Hajir Al Obaidi 13:51

Oh, okay okay. So I would especially like in I'll say when major conflicts happen in the world I would probably wanna go back and try to remedy that issue so for example, if we're talking about major world conflicts like World War 1 or World War 2 I would probably wanna go back and try to see if that issue can be resolved so like in terms of World War 1 like the 19 or like in World War 2 would be I believe it was the 19 for these maybe right I don't know I mean like that but but I don't know, maybe go back to basically the 1900s, essentially, cuz I feel like that's where a lot of conflicts happened.

question 14:50

What's the most unusual or adventurous thing you've ever eaten?

Hajir Al Obaidi 14:59

Oh, okay. I wouldn't okay, I wouldn't say it was like adventurous, but it was definitely weird. I'm not like a big subway fan. So I would say when I ate their tuna sandwich, that was like really bad. So definitely don't recommend that if you're ever like going to subway. I would don't recommend subway as a whole, but if you do really want subway, don't get the tuna sandwich.

question 15:34

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

Hajir Al Obaidi 15:59

Okay. I don't know if you've heard of it, but it's hammerabi. So I wanna go back and meet him because a lot of there was like the home Robbie code and a lot of the things that were said in it were just so weird. And I feel like none of us would agree with any of the stuff that we're saying. It was like if a man pokes your eye, poke his eye back, like that kind of thing. It's kind of really weird to think about. And I wanna meet him and see his thoughts on these kind of things cuz I feel like it would be really interesting to hear it. So that would be an individual. I really wanna meet that but that's like way backs I don't know when he was alive but it was way back but I do really wanna meet him and see his thoughts on his code.

question 16:45

What's your favorite type of dance move?

Hajir Al Obaidi 16:57

I'm not a big dancer but I would definitely say when it was when the floss was really a big thing it's not a big thing right now but that was like a big dance move that I feel like a lot of us were trying to like master I don't know it's weird to say the floss but I would say the flaws just because it was really huge when it was around.

question 17:41

what's your favorite type of dessert?

Hajir Al Obaidi 17:46

Oh, okay. There is this dessert. It's, a lot of Iraqi families really like it. It's basically where you have custard, jelly and then bananas. And you do like gram CA crackers with them sometimes if you want. But that's really like a big dessert that even all my family members really love. So I don't know, that was like my favorite desert. It's very light as well. So it's not like cake or anything like that. So it's very easy to eat after meals, especially if you take the gram crackers out and you just eat like the, the jelly and the custard and bananas. So I would say that's my favorite dessert.

question 19:05

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

Hajir Al Obaidi 19:11

Okay, I think I've already like worked up towards that answer, but I would say the Middle Eastern cuisine, you can't get any better than it. Like especially I feel like a lot of cuisines are on the world. They either have a lot of spicy foods or I don't know, like I'm not the biggest fan of seafood, but do you eat seafood? Eastern cuisine isn't like bit really big on seafood for the most part depending on what country you're in but for example, like in the Iraqi cuisine I don't think the Iraqi Hussein is really big on spicy food I know like northern African countries maybe but not an Iraqi cuisine so I would definitely say model Easter cuisine is as a whole but definitely the Iraqi cuisine.

question 20:04

Do you believe in aliens or extraterrestrial life?

Hajir Al Obaidi 20:12

Okay, I wouldn't say I believe in aliens just because I feel like basically any type of life that you can imagine and other planets I don't feel like that would be a possibility considering how earth is like basically the hub for all of the life that we see maybe the extra but what you're saying the the second part of it.

Hajir Al Obaidi 20:39

So I'll probably believe in that not aliens.

question 20:44

what's your ideal weekend getaway?

Hajir Al Obaidi 20:49

Oh, okay. I would definitely say going to basically shopping at a mall with my sisters and my mom or maybe some of our friends and just getting dinner and basically just watching the sunset. That would be like my ideal getaway in the weekend.

question 21:10

Are you a morning person or a night owl?

Hajir Al Obaidi 21:14

Oh, I would say I'm kind of like a mixture of both because I feel like I can stay up really late, but I can also wake up really early like I'm used to waking up really early, especially like in high school. But right now that I'm in college I have like 8 a. M. Classes basically 4 days a week so I have to wake up early and I drive to college as well so I have to be there early before traffic comes around so I'm like I can wake up pretty early but then I also stay up really late like after twelve for a lot of days so I know I like my ski sleep schedule is really bad like I get basically like I don't know six hours at most or maybe seven hours if I'm lucky but I don't know I I'm a mixture of both.

question 22:12

What's your favorite board game or card game?

Hajir Al Obaidi 22:17

Oh, okay board game I would say snakes and ladders it's a very classic game and I've played it with my sister so many times. And whenever we have friends around, we always play it.

Hajir Al Obaidi 22:31

In terms of card games, there's two that I have in mind. There's which is also another classic. I've gotten really good at it over the years. So it's been my favorite card game. But then there's also another one that I started playing in elementary school and it's just stuck around. It's called apples to apples. It's basically like where you have an adjective and then you have a bunch of nouns that each person gets and you're supposed to match it with that adjective. So I don't know. I feel like it's a good, like, brain exercise, but it's also fun to see what kind of weirdness you can come up with that match with adjective.

question 23:12

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

Hajir Al Obaidi 23:20

Okay. I would say when I went back to Iraq and I visited all my family and I saw them for the first time in eight years, that was like during my junior year of high school. And I would just say that made me true, like feel true alive just because I never like it. I knew that I was gonna see them eventually, but it wasn't, it was always in the back of my head. But I, when I did see them, I was like, wow, this is like what it feels like to have family around. So that just made me feel like extra alive in a sense, if that makes sense.

question 23:57

Is there a specific song or piece of music that holds special meaning to you?

Hajir Al Obaidi 24:06

I wouldn't say there is a specific song, but in terms of types of music, I would say like almond or Little Eastern music would hold a special place in my heart just because I've listened to it ever since I was a kid cuz it's always been like on TV playing in the background in my family. So it's always been there. And if something is always there for me, it's always gonna hold like a special piece of my heart.

Hajir Al Obaidi 24:32

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question 24:55

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

Hajir Al Obaidi 25:01

Personal transformation I would say when like in basically in elementary school, I didn't think that self care was a very like big thing in our society and I didn't think that mental health was a really big thing in our society. But when I reached middle school and high school, I realize that you gotta take care of yourself and you gotta like basically make sure that your mental health is in check or else it's really gonna go downhill from there. So I would say when I started paying attention to that kind of thing, that would be like a big transformation for me. Cuz when you're young, you don't really understand that kind of thing. But when you reach especially your teenage years and when you even reach adulthood, mental health and self care really like come into play. And you gotta pay attention to that because a lot of people suffer from it. And when I see cases of people suffering and mental health issues, that really put me off. And I was like, I gotta not reach that stage and pay attention to that.

question 26:19

Can you recall a time when you face your biggest fear?

Hajir Al Obaidi 26:29

So I talked about how my biggest fear was failure and how like I'm working towards not having that be as my biggest fear. I would say every time I take a test or every time I'm trying like accomplish something, I'm always like facing that big fear that I have because a lot of times, especially when I don't do the best on a test, I'm always like thinking, oh, like, I don't know, I may, I'm a big failure and I shouldn't have done that and all and all that. But whenever I get that second chance to redo that test or take another test in place, I'm always okay, like I gotta work towards not failing again. And that would be like facing that big fear that I have.

question 27:17

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

Hajir Al Obaidi 27:23

Okay, this is a lot of people talk about how if they could redo high school or redo college, they would definitely do it in a heartbeat. For me, I would redo high school because I feel like a lot of the decisions I did in, or like a lot of the decisions I made in high school, especially with what classes I took, with what people I talk to, I would definitely try and fix that issue if I could. But obviously, you can't really go back in time and do all of that. But the best thing I do in that situation is just give advice to younger people about what they can do. Like I have sisters who are going through high school right now and I find myself just like giving them the advice that I wished I had because as like the oldest sibling in the family, you didn't get that advice when you were, and those critical years of your life, but you wanna give that advice to somebody who's younger than you so they can benefit in the future.

question 28:26

What would you do if you won the lottery tomorrow?

Hajir Al Obaidi 28:32

Okay. I would, so I touched on this previously, but I would definitely use things like money to fix world issues, societal issues, like political issues. So for me, like world peace is like a big thing for me. So any problem that's going on in the world, especially now we have the Israeli Palestinian conflict, I would do anything and give all the money that I have to fix issues like that in the world.

question 29:04

If you could live in any fictional universe, which one would it be?

Hajir Al Obaidi 29:16

Okay. Okay. I touched on this in the last interview about my love for the Harry Potter series. So probably live in the world of Harry Potter where you have the magical world and Hogwarts and all of that, that I feel like that would be like a really cool world to live. In terms of other books, I don't know if you've heard of the series, but it's called The Land of stories. It has like 6,7 books in the series. And the series is basically about these two twins who went back in time to like a fairy tale world and they're living their life says fairies. So for me, that would be like a really interesting world to live in as well just because we don't really talk about the ferritale world a lot and that book series just like goes into depth about about different Disney princesses that we all like admired when we were younger. So I don't know that would be interesting to live in.

Hajir Al Obaidi 30:35

I've read the first book but I've watched 3 hour explanations on the plot that's going on in the series. So I literally like know what's going on in the series but I haven't finished the whole book and I really wanna like no, I have to read that but I don't know fantasy is also like a really good series to look into so cordial thorns and roses the world that like Sarah J.

Hajir Al Obaidi 31:03

Like I don't know how she comes up with that kind of stuff. And she has other book series like she has thrown up glass that I really like taken into.

Hajir Al Obaidi 31:23

I know it's hard. Like I feel like a lot of times when you get into different elements of fantasy books, you kind of just like, I don't know, you get stuck and you can't like I threw it.

Hajir Al Obaidi 31:51

And I've heard really good reviews on them. And I know a lot of people like Divine rivals and fourth Wing. There's like a big debate on which one is good. So I've been trying to be like in my local public library if I can get my hands on it. And if I do like one over the other, I'm probably gonna buy that one. But there's a big one, which one is better. So I don't know.

question 32:37

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

Hajir Al Obaidi 32:46

Oh, okay. That's a really good question I would ask them. Or for me, since my future self, I'm aspiring to be like a high school teacher. I would probably ask my future self if I'm doing everything that I could for the students in a way that I wanted my teachers to do in high school. So one of the big reasons why I'm like wanting to be a teacher is because I feel like a lot of the teachers in my past didn't like give their students their full potential and they didn't like give them their full effort when it came to teaching them. So for me, I wanna be that teacher that I wished I had, if that makes sense. I would probably ask my future self if I'm doing that.

question 33:35

If you could have dinner with any three people, living or dead, who would they be?

Hajir Al Obaidi 33:40

Oh, okay. I mentioned this earlier, but I'm like a really big soccer fan so I would probably have dinner with three soccer players. I know this is like, I don't know, this is huge because I'm I feel like I have other celebrities that I aspire or look up to, but definitely messy would be one of the people that I wanna have a dinner with in terms of the okay, I probably would have like Christina Ronaldo as well, just cuz I feel like that would be interesting to have them both be there. And then I don't know the third one, okay, I would probably have a the previous Iraqi team captain. I think his name was like Eunice Mahmoud or something. So I would probably have him as well.

question 34:40

What's your take on the current state of the world?

Hajir Al Obaidi 34:45

On the what, I would definitely say a lot of the things that are happening in the world can be fixed if we don't have issues such as misinformation or.

Hajir Al Obaidi 35:00

Eve that stems from social media or like the news that social media produces, especially now I already mention the conflicts such as the Israeli Palestinian conflict. I feel like a lot of the things like that could be fixed if we just don't have misinformation from social media. So the current state of the world, just because I feel like social media is just like so huge politically, socially, it's not like the best state to be in. So that's I think I already like touched on this in the previous interview, but for me, I would definitely lessen our intake of social media because our current state of the world is suffering because of that.

question 35:58

Are there any social or political issues you're passionate about?

Hajir Al Obaidi 36:04

So coming from a person like me, I would definitely say any issue that deals with like the Middle East or like communities in the Middle East, that would be an issue that I really passionate about. And then anything historically that involves the United States, I'm also interested in just because I feel like we always say that the United States is like the greatest country in the world, but there's so much that goes into that statement that we don't really examine as much. So for me, I'm also interested in any issue that the United States has caused or fixed.

question 36:50

How do you stay informed about current events?

Hajir Al Obaidi 36:56

So you men, like I mention like social media, for me, even though I want to listen people's intake of social media, it's like the, I would say it's the outlet that keeps us informed about what's going on in the world. Cuz I feel like if we didn't go on Instagram and see what's happening or we didn't get the biggest news flash about what's happening, we wouldn't understand all of these issues. So I get informed by just like clicking on social media outlets, but I also like look at other outlets as well, such as like Google News or sometimes just like going on the TV and like looking at like Fox News or even other types of news outlets. That is like how I get informed.

question 37:46

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

Hajir Al Obaidi 37:55

So I already like touched on this, but I would definitely lessen people's likes intake of social media or I don't wanna like eliminate social media as a whole just because it there is positive things that come out of it but I would definitely want to make people do their own research or just like find other ways of getting information as opposed to just like getting one sided or one point of view on a lot of issues.

question 38:26

What's your opinion on the role of technology in our lives?

Hajir Al Obaidi 38:33

So right now I feel like we've progressed to the point where we can't live without technology, especially in a lot of work areas and especially in school. A lot of people just like technology is like the main thing that you use every single day feel like if we just all, everyone in the world just had a day without technology, I don't think we would like make it through that one day. So I don't know. It could be coming as like a bad thing or a good thing just because I feel like technology just made it easier for us to do a lot of things that we wouldn't have been able to do. But it's also a bad thing just because I feel like if anything that happen and if anything bad happen and eliminated technology from us, we would go back like 10 steps back. I don't know. It would just be horrendous.

question 40:33

Are there any food you dislike or refuse to eat?

Hajir Al Obaidi 40:43

So I would say basically, I'm not the biggest fan of tomatoes or onions. Whenever they're introduced in foods, I always try to put them off to the side and not eat them at all. Anything that has tomatoes or onions, I'm like refusing to eat it. In terms of actual foods, I would say anything that has like a strong fish smell to it, I would not eat that as well. If I can smell it, I'm probably not gonna eat it.

question 41:24

What's your favorite cooking or baking recipe?

Hajir Al Obaidi 41:30

So I don't like cook or bake at all. But for me in terms of baking recipes, I would say just like classic chocolate chip cookies would probably like always hit the spot in terms of baking. I touched on this in the last interview, but Dolma is like a big thing in our family. So that's probably like one of my biggest recipes that I always like, okay, I'm like that type of person who if I really like something or I'm like, attach that thing.

question 42:01

Do you enjoy trying new cuisines or restaurants?

Hajir Al Obaidi 42:13

I don't wanna try anything else because I don't wanna ruin it for myself. Especially like a lot of times when we go out to eat and that same restaurant and my mom just wants me or like she ask me if I wanna try something different. I'm always like, no, I wanna keep that same order that I have all the time because I don't wanna ruin that meal for myself if I'm not gonna like it. So for me, I I'm not opposed to trying new things, but I don't like it.

Hajir Al Obaidi 42:44

I wanna just stick with the things that I have already, no, I already touched on this earlier, but I don't like spicy foods.

question 42:49

Are you a fan of spicy foods?No.

Hajir Al Obaidi 42:58

Maybe if it has a hint of spice, not even mild. I don't like mild things either. So if I has a hint of spice, I can handle, but I can't eat anything too spicy.

question 43:11

Do you have any dietary restrictions or food allergies?

Hajir Al Obaidi 43:18

I don't have any food allergies, but for dietary restrictions, since I am a Muslim, we don't like eat anything that's like pork related. So that's like the biggest dietary restriction that I have. I don't even eat really meat, but I do eat chicken for sure. But that's like the biggest dietary restriction.

question 43:43

What's the last book you read and what did you think about it?

Hajir Al Obaidi 43:47

Okay, I actually just finish one this morning. It's called twisted hate. So it's like in the twisted series and I'm on the third book right now and I'm trying to get on the fourth book but I feel like the fourth book is gonna be such a struggle because it's a slow burn and I hate slow burns. For me, if it's too slow, I'm probably just gonna give up on it just because if nothing happens I'm not gonna be too hooked.

question 46:11

Can you name a movie or TV show you could watch repeatedly?

Hajir Al Obaidi 46:18

Okay. I touched on my love for the Harry Potter series. So I wouldn't mind watching it over and over again. I could literally sit there and binge watch the whole series and just repeat it again. I really had no problem sitting there and watching it.

question 46:35

What's your favorite fictional character and why?

Hajir Al Obaidi 46:42

Okay. I touched on how wonder is like my favorite movie of all time because of the story behind it. So I would say like Auggie Pullman, the main character in that movie, he is such a strong character that it makes me admire him a lot. The stuff that he went through and like what he accomplished that really makes me admire him. So I would say Auggy Pullman is my favorite movie character.

question 47:10

Are there any upcoming movies or events you're excited about?

Hajir Al Obaidi 47:18

I don't think so, like as of right now. But for me, anytime a book is released, that would be like a big thing. Like right now, you, we were talking about Iron Flame being released, that's a huge thing for me. Also, like whenever movies are released as well, like the Barbie movie when it came out, a lot of people were hyped about that as well. So whenever I see the big hype about a movie being released or a book being released, that makes me get excited. For example, I don't know, there was the book called The Brother's Hawthorn that I read, but back in September. And for me, a lot of times when you hype something up a lot, it kind of just like gets the fun out of it. So I was really hyped for that book and it just didn't exceed my expectations. I didn't really like that book as opposed to the other 3 books before that. So I don't know. I would, oh, okay.

Hajir Al Obaidi 48:40

So guilty pressure. But I would say I basically, a lot of times when I really like something, I just like keep doing it over and over again. So I don't know if that would be like considered a guilty pleasure, but. I don't know. I like doing things over and over again if I really like them. So I would consider that.

question 49:03

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

Hajir Al Obaidi 49:12

A lot of times when you have the main character getting a lot of attention, especially like the Harry Potter series, I probably want to be Harry in that situation. But then again, I don't really want to be Harry in that situation just because you went through a lot of struggles and I don't feel like I can handle that. So I don't know. Like I have mixed opinions about main characters and stories and movies, but I feel like I wanna have that experience where I'm the main character in certain situations.

Hajir Al Obaidi 49:49

I would probably pick Harry.

question 50:02

Do you have a favorite joke or funny story you'd like to share?

Hajir Al Obaidi 50:08

Okay, I this is like, I don't know, I feel like it's only like an Iraqi saying but a lot of times when like I was I was really growing really fast when I was in on mentor school so I was really tall for my age and a lot of times my parents they would say you're growing really tall, but then your brain is also like super small. So I don't know that's always like was it's not a funny joke or something cuz it's insulting for a lot of people cool. But I don't know like I found it funny like my sister is the same way like we always like where I don't know, we grew really fast, but then we just stopped growing. Like I stopped growing in middle school and I'm still like the same high as I was in middle school. So I don't know. That was like a really good joke that I really liked.

question 51:00

Have you ever experienced a profound act of kindness?

Hajir Al Obaidi 51:06

Okay, for me, when I was younger, birthdays were like celebrated, but they weren't like a huge thing. So when I was in high school and I had like a friend group and they all gave me birthday presents, I found that such like a very big act of kindness, even though they're my friends and they're supposed to do that kind of thing. But I don't know, I just found it really special.

question 00:04

How can I improve my study habit?

Hajir Al Obaidi 00:08

Okay, so my biggest advice on improving steady habits would be not procrastinating. Cuz I know that's like a big thing that a lot of us do and I do it as well. Like I feel like it's a very common thing, but don't leave things till the last minute. Always progressively work through things like day by day instead of just like having them all at the same day and then you're all stressed out about not finishing it in time. So I would say that's my biggest advice. And another thing that I would say is a huge thing, especially like amongst high schoolers or college students would be just going to class, like actually going class.

Hajir Al Obaidi 00:47

Cuz I feel like a lot of us just like take that for granted that don't like actually go to class when a lot of the things that you're learning in class could actually help you when you're studying for things. And I do that too. I feel like sometimes people just get lazy when they like, especially if there's like a lecture that's being recorded and then you don't wanna go to class. But I feel like it's really important when you're doing that. So not for cascading. And then actually golden class attending on time would be like my biggest advice.

question 01:21

How do I manage my time effectively?

Hajir Al Obaidi 01:26

I would say keeping a planner would be my main advice regarding that because I feel like when you have stuff like like planned out and then you what you have to do each day you have a todo list or something like that really could help you keep stuff in order and keep you on track when finishing things. So definitely keep a planner.

question 01:49

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

Hajir Al Obaidi 01:53

Oh, okay. I would say always like find one or two people in that specific class that you're struggling in and try to reach out and ask for help. I know that could be really intimidating for a lot of people is especially if you don't really wanna talk to anyone but I feel like when you have your peers explaining it to you that really could help you understand it or maybe I if you're in college and then you have a tutoring program in your college, then maybe find a tutor who could help you with it. Cuz a lot of times we don't really understand it when the teacher explains it or when the professor explains it. But when somebody else who's like going through the same class as you explains it to you, you might retain information more. So definitely reach out and ask for help from other people.

question 02:44

How do I deal with bullying or peer pressure?

Hajir Al Obaidi 02:48

Just say no. I feel like that's like the biggest thing that you can do in that situation is just like tell them no and probably cut off that friendship if you have friends who are like that. You don't really want somebody who like peer pressures you into doing something that you don't really want to do. So definitely just like reach out and be like, okay, I don't wanna do this and then just like slowly ease out of the relationship to help you out.

question 03:18

How can I improve my test taking skills?

Hajir Al Obaidi 03:21

Okay. I would say the biggest thing regarding test taking would be not to rush when you're doing each of the questions. I would say like take your time. Think about each question carefully when you're answering it. And then also keep in mind that you can't really do anything at that point when you're taking the test. You know what, you know, you can't really change anything. So just keep that in mind and then take your time.

question 03:50

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

Hajir Al Obaidi 03:55

Oh, okay. I would say like talk to people who are experts regarding college applications. Like for me, I talk to a lot of my teachers and had them read like my college essays. And then I also like ask counselors for advice on what to do on certain questions. So definitely compare your applications with not only your peers but you with your teachers and your counselors to ask for help because having one or two eyes on your application could give you multiple perspectives on what other people view in your application. So that could be helpful.

question 04:38

How can I choose the right extracurricular activity?

Hajir Al Obaidi 04:43

I don't I okay. I wouldn't say there is right extracurco activities, it's very different for a lot of people. Like for me, I focused on volunteering a lot. I know some people focus on getting a job and stuff like that or some people focus on getting clubs started on their campus. So I would say just keep an open eye for what's available in your area and what you really are interested in.

Hajir Al Obaidi 05:09

For example, for me, I used to volunteer in my public library cuz I was, I still am a very big reader. So that really was like something that I was interested in. But then it also could be something that I could put in my college application cuz it's a really good extracco activity. So just keep your interest in mind and then keep an open eye for what's available out there for you.

question 05:34

How do I balance school, work and Social life?

Hajir Al Obaidi 05:39

So I touched on this earlier, but keeping a planner is really helpful. So you have your school stuff planned out and then you're like job and then your extra her collectivities that like having all these things mapped out for you helps you see what you have to accomplish throughout the week and all of that. But then I would also say make sure you're being like really well rounded in things like don't focus on one thing too much like don't focus on school so much and then don't focus on like getting so many hours in your job throughout the week. Make sure that you're spreading things out evenly throughout all these areas in your life.

question 06:22

How can I cope with exam anxiety?

Hajir Al Obaidi 06:27

Okay, so I think I s also mention this earlier, but keeping in mind that you can't really do anything at that point. Like you already have your knowledge, you already know what you know. That is like a good mindset to keep in mind. But then I would also say if you're really anxious, make sure you're taking deep breaths and you're actually calming yourself. Like trying to calm yourself down when you're in that situation. Cuz when you're still anxious is not really gonna help you out when you're doing the test. Just make sure that you're thinking about how you're just trying your best at that point. You can't really do anything other than that and then try to calm yourself down internally.

Hajir Al Obaidi 07:15

I mean, I Al I also do that whenever I'm anxious in a test. I literally just like take deep breaths and then I'm like, okay, I can't really do anything beyond that like I have the knowledge necessary to do this test and I'm just gonna use whatever I know cuz I think a lot of us when we're taking a test we always think that we don't know anything but we do know some things if we like attend in class or something we do have some knowledge of what we're doing so it's not like we we're gonna completely fill the test, but I don't know, I just think that you can't really have a mindset of like, okay, I'm I have to do the best on this test when I'm super anxious about it.

Hajir Al Obaidi 07:57

Like you're not gonna do the best on it. But what just like try your best with what you have.

Hajir Al Obaidi 08:28

I would say just like have a fresh start with your class. Just make sure that you keep your assignments like do your assignments on time from now on and use a planner or talk to your professor if you're taught like struggling in that specific class. So I would say just don't think about the past and think about what you can do to improve in that specific class that you're struggling in or falling behind in.

question 08:57

How do I make friends at a New School?

Hajir Al Obaidi 09:01

Okay, I struggled with this a lot, but I would definitely say it all starts in the classroom. I know a lot of us like meet friends outside of classes, but when you're in a class and you're just surrounded by so many people, I feel like you can still put yourself out there and ask one or two people for help on something and then just like develop a relationship from there. Like one of my good friends in high school, she was like in my biology class freshman year and then she basically was struggling on something and then I would help her out and then we just developed into a friendship from then. So I would say just like find somebody in that class and then, I don't know, start talking from there and then just develop a friendship.

question 09:48

What are some effective note taking strategies?

Hajir Al Obaidi 09:52

Okay, so note taking can vary f like for a lot of people. For me personally, I prefer taking like having that. Heading and bullet point method. A lot of people like to draw things out and do diagrams so it really depends on your preference I and it also depends on what kind of learner you are so some people who are visual learners might find it easy to have drawings and diagrams whereas people who are like auditory learners might find it helpful if they like listen to something and take notes so it really just depends on your learning style and your preferences various like among a lot of people.

question 10:34

how can I stay motivated to complete assignments?

Hajir Al Obaidi 10:39

Okay, this is like a strategy that has worked for me and for a lot of people that I know but basically just like set a timeframe for your studying or your assignments that you're doing and then just take, I don't know, like a 10 to 15 minute break in between. A lot of people tend to do their work in one or two hours and then after that they just like take a short break. So breaks are really helpful, especially when you're doing assignments because I feel like when you're in the zone but then you don't feel motivated to do something, that break could help you have a fresh start and then you could continue afterwards.

question 11:21

How do I handle conflicts with teachers or classmates?

Hajir Al Obaidi 11:25

I would just say talk it out with that person cuz if you just keep it bottled up and then you're just like, I don't know, like streaming at each other, I would say just have a civil conversation or try to have a civil conversation. And if they don't see what you're saying, at the end of the day, it's on them and not on you cuz you put yourself out there and you're trying to resolve the conflict.

question 11:49

How would you do it with a teacher, though?

Hajir Al Obaidi 11:53

I mean, with a teacher, it's also like having that civil conversation would also help you get out of it. But with a teacher, it's kind of like if they don't see what you're saying, you kind of just have to go with the flow and try to not have that conflict again with them. Because with the teacher, you're like seeing them every day. So it's kind of impossible to avoid having a conflict with them or to avoid having similar situations. So I would just say try to talk it out and then just like go from there, see how it works out.

question 12:30

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

Hajir Al Obaidi 12:40

Okay. I would say keep your interest in mind. So for me throughout high school, I took a lot of advanced science classes and I knew that I wanted to go into the science field or the stem field in general. So that was what caused me to choose my current major right now. So I would say just like also take classes in high school, like varying classes and different areas or different subjects to help you hone in on a specific interest that you really like. So I know like my sister, for example, she wants, right now she's thinking of going into engineering. So she, we have an engineering class in our high school and she's currently taking it right now to see how she likes it. So things like that, taking classes that you think might interest you would help you choose a college major. But then I would also say research majors because I feel like a lot of people when they choose a major, they don't know what kind of career comes out of it or they don't know what that major specifically entails. So just say do your research, take classes that interest to you or have a specific interest when you're in high school and then see where you go from there.

question 15:56

how can I improve my writing skill?

Hajir Al Obaidi 15:59

Okay, coming from somebody who didn't have really good writing skills like in elementary school, I would say just keep practicing cuz I know it might be intimidating to do essays or other kind of writing assignments or even with college applications. But I would say just know what your prompt is and then try to write regarding that prompt because a lot of us tend to go through like a rabbit hole when we're writing and we don't answer that prompt that we're given. So make sure that you read your prompt, understand it and try to actually answer that prompt. But then I would also say expand your vocabulary cuz I feel like when we tend to write, we kind of just like write in everyday language rather than like an academic kind of writing. So expand your language. Use like other sources that could help you develop a good vocabulary in your writing and then incorporate that as well.

question 17:07

what are some tips for staying organized?

Hajir Al Obaidi 17:11

Okay. I would say my biggest one would be keeping some kind of folder or binder for all of the papers that you're given and various classes. So for me throughout high school, I kind of kept a binder, but then I got rid of it and try a folder instead. Just like find that method of whether or not you wanna use a folder or a binder to keep all of your papers that could help you really get organized cuz I know with all the papers that we're given in class, it could get all messy in your backpack. But that's a big thing for me. And then in terms of getting your assignments organized and like knowing what to do, keeping a planner just like I mentioned is a really good way to stay organized and on track.

question 18:00

How do I deal with a breakup or Relationship Problem?

Hajir Al Obaidi 18:06

Okay, I'm not like an expert on that field, but for me I would say just trying to get over whatever that situation was for you. I've heard from a lot of people who like do go through breakups. I don't know, ice cream and movies are probably the biggest thing that you could help it that you could use to help you heal so just like find something that could help you heal and then focus on yourself in that situation and then try to go on from there.

question 18:37

How can I improve my public speaking skills?

Hajir Al Obaidi 18:42

Okay, so I would say definitely practicing whatever speech that you're making is a really big thing because I feel like if you don't practice it you're not gonna be confident enough when you're having to make that speech. Like whenever I had to make a speech in my communications class, I would practice it at least 5 times to get the hang of it and then revise my revising your speech in certain situations where you don't wanna say that specific thing or you feel like it's intimidating to say certain things. I would say also like revising whatever you're doing would help you. But definitely practicing would be my biggest advice regarding public speaking.

question 19:26

What should I do if I'm feeling overwhelmed by school work?

Hajir Al Obaidi 19:33

I would so for that situation, I would say just like finding whatever hobby you have and trying to do that hobby to help ease your mind and ease your situation a bit, especially when you're overwhelmed. So I would say just like taking a break would be my biggest advice.

question 19:55

How do I choose the right classes for next semester?

Hajir Al Obaidi 20:00

Okay, so I struggle with that a lot, but I would definitely say like researching the classes that are available in your school or like like in high school or in college and then also talking to the experts. Like in high school, I talk to counselors and other teachers who do teach certain classes and ask them for advice on what to do. And now when I signed up for spring classes and in the next semester, I like talk to my advisor and got some advice on what to do. Definitely research classes and then also talk to people who have a lot more knowledge on those classes than you do.

question 20:46

How can I set and achieve academic goals?

Hajir Al Obaidi 20:52

I would do so in that situation, I would do like short term goals and long term goals. So with short term goals, something that you can achieve within the next month. For example, a very good short term goal would be to try having a habit of keeping a planner so you could have monthly check ins and see if you're actually like using that specific planner that you intended to use in the beginning and then just like try to keep yourself on track. A long term goal would be to, I don't know, like to pass a class. Maybe that would be a very good long term goal to have in this beginning of this semester and then try to see if you like achieved it by the end of the semester, just like writing your goals down and then having short term goals where you like check in every month and then long term goals where you like check in at the end of a semester, for example.

question 21:46

what is the Best way to prepare for standardize test like the sat or act.

Hajir Al Obaidi 21:58

Okay, so in those situations, I would say using the using books such as like the Princeton Review or the Barrens could be really helpful for certain people. For me wasn't like that helpful cuz I don't really learn so much from like reading textbooks. But I would also say taking practice tests would probably be really helpful to get you in the zone and to like help you see what each question entails and like to get in that environment where you're actually taking a test to kind of prepare you for the real thing. But then I would also say since all these test, let the standardize the standardized test have like math and reading sections, I would also like talk to teachers who do teach these subjects and then try to like understand what kind of questions do come up. So that could also help you out.

Hajir Al Obaidi 22:59

I did take a lot of practice test. So I would say definitely like take practice test because it does help you get in the zone.

question 23:08

How do I develop good study habits from math?

Hajir Al Obaidi 23:15

I'm not the greatest math person, but I would definitely say like doing your homework and then also keep practicing all the different problems that you're given. For me, whenever I'm given a specific problem and then I'm given a loophole in a different problem, like my mind just doesn't understand it. So I would say that what when I try to understand all of these things, I try to like practice a lot and doing my homework every single day. So like I kind of I'm not out of practice and I can understand the loopholes that are given. So.

question 23:55

How can I get better at Time Management during Online Learning?

Hajir Al Obaidi 24:02

So even though you're in an online environment and you don't like specifically go to class, I feel like he should still have a planner with you and having a specific to do list for what the different assignments that you're given and then like what you need to do throughout the week. I don't think that should be neglected even though you're still not physically going to class. So I would say that's like my biggest advice is just like staying organized despite not physically being there on campus.

question 24:39

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

Hajir Al Obaidi 24:44

So for cyber bullying, I would definitely say report that person, first of all. And then second of all, talk to an adult in your life that can basically guide you towards what you need to do in that situation. So either your parents, a teacher, maybe just any trustable adver, just any like trustee person or adult in your life that can help you out in that situation.

question 25:13

How do I build self confidence?

Hajir Al Obaidi 25:17

So with self confidence, it's more of like a mindset than anything else. If you tell yourself that you're confident and you don't really need to do anything to improve that, then you're gonna have self confidence. You don't need somebody else to tell you to be confident for you to be confident. So just having that mindset that like you're perfect the way you are is just like the biggest thing you could do in regards to that situation about self confidence.

question 25:50

How can I avoid procrastination?

Hajir Al Obaidi 25:55

Okay, so this is like a working thing that I'm still doing right now. Like I'm a big procrastinator so like I can't really give a lot of advice regarding that but I would say definitely. Okay, I keep talking about planners, but I do think they're pretty helpful in regards to procrastination. But for me specifically, even though I do use a planner, I don't actually avoid the procrastination issue cuz I don't physically do my assignments every single day rather than keeping them till the last minute. So I would say like forcing yourself to actually do the assignment early on and avoiding distractions, let's just like your phone or anything else would help you avoid that situation. So like physically having a planner, writing a to do list and then also removing distractions to like force you to work would like be really helpful.

question 27:01

what's best way to handle a difficult teacher.

Hajir Al Obaidi 27:07

So for me, whenever I do have difficult teachers, I tend to just go with the flow and do what they say cuz at the end of the day you can't really you can't really do anything about having a difficult teacher they're not gonna change their mind if they're a harsh creator they're not gonna suddenly become an easy grader that stuff takes time and you can't really improve it in a semester or in a year even I would just say try to adapt with that teacher and like know that you can't really do anything for example, like my sister she has a really harsh grader as a teacher like in her English class so she kind of just like is going with the flow and she she's trying to seek out help and understand what to do in order to improve her assignments but it's not working out so for me in that situation I would just say try your best because you can't really you can't really do anything else to fix that problem it is what it is at the end of the day.

question 28:09

How do I choose the right college?

Hajir Al Obaidi 28:15

So it depends on what that person is looking for specifically like for me I wanted a college that was close to home and that had my major and I wanted a college that like I wanted to be BA basically be like a commuter student so in order for me to do that I would need a college that would be like close to home. So those were like my two biggest requirements. But other people might wanna move away or some other people might wanna seek out a college that is specific to a sport they wanna play or like a lot of people tend to go to colleges because they got full ride scholarships. So it really just depends on what that specific that person is like looking for and then specifically what that college offers as well.

question 29:11

How can I improve my reading comprehension skills?

Hajir Al Obaidi 29:15

Okay. I would definitely say do a lot of like practice reading assignments and then also try to answer questions as well specifically like in standardized test like the sat and act. Do a lot of practice this like that because you're normally given a text and then you're supposed to answer questions regarding that test text. So I would say practice with that. And then also another advice regarding reading comprehension would be to read more books because I feel like a lot of us tend to like not read books when we're not forced to. So I feel like forcing yourself. Self to actually pick up a reading book just to improve reading comprehension would probably help you expand on your like reading abilities and to understand other types of reading material right other than I don't know school material that you're forced to read.

question 30:23

How can I find scholarships and financial aid for college?

Hajir Al Obaidi 30:28

Okay, so I struggled a lot with that throughout high school, but I would say just doing basic research on what kind of organizations are available out there. And then also even though social media isn't like trustable in a lot of these ways, but I feel like also like looking at social media and seeing what organizations out are out there for me like I found out about triple V through social media. Like I had one of my friends actually apply to the same scholarship. And then I saw her Instagram post and then I was, oh, like, maybe I should try and do that too. So like stuff like that would probably help you out. And then the other scholarship that I also got was, it's called the San Diego Education Fund, but they basically, like, they had flyers around campus in my high school and I was actually called in to the counselor's office to talk, to get information about that scholarship. So just like keeping an open eye and seeing what things are available out there for you is also helpful.

Hajir Al Obaidi 31:34

And I know a lot of high schools offer high school scholarships for college. So at the end of the year in my high school, we got about 10 scholarships for the high school seniors. And we basically just get to apply to as many as we want. And for me, I got, I think one or two from my high school. So your chances are they're probably gonna get you that scholarship because not a lot of people are applying for it.

Hajir Al Obaidi 32:05

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question 32:20

How do I prepare for a job interview?

Hajir Al Obaidi 32:25

So I think I've mentioned this earlier about public speaking, but the same thing applies for like job interviews. I would say like practice the questions that you think are gonna be in that interview so a lot of the a lot of questions are gonna be common among a bunch of jobs for example every single job you're gonna apply to people are probably gonna ask you to talk about yourself like tell them a little bit about yourself so having a ready script for what you're gonna say and need certain questions it's probably gonna be helpful and then I would also say a research the specific company that you're applying for because if you don't really know specific information about it you're probably not gonna be able to predict what you they're gonna tell you or they're gonna ask you in that job interview for example, if you're applying for I know like a video game company, you might wanna educate yourself on specific video gaming purchases or like what the customer wants. So like these specific things, researching them would be really helpful and then also practicing your interview beforehand.

question 33:38

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

Hajir Al Obaidi 33:45

My main thing would be to do things that you really enjoy like hobbies or like any interests that you might have that could get your mind off of things and help you relax a little bit. But then I would also say like reaching out to people and talking to people would be helpful cuz I know if you're struggling with mental health issues, a lot of people might be closed off in that situation, which is not really good for you. So I would say like talking to your family more or talking to your friends more might help you ease all of that pain that you have. So these are the main two things that I can think of right now.

question 34:26

How do I build a healthy social life?

Hajir Al Obaidi 34:31

So in regards to social life, I would say planning out things with your family members or your friends ahead of time and knowing that you wanna do these things in addition to like your work life and your school life, that would be something you might wanna think about. For example, if you're planning a s a certain hangout with your friends, you might wanna plan a week in advance and then like know that you really want to do that so that you can have us a plan basically for what you need to do throughout the week.

question 35:18

what should I do if I'm having trouble with my parents?

Hajir Al Obaidi 35:24

Okay, I think I've like mentioned this before with friends and teachers but definitely try to talk it out and have a civil conversation cuz if you don't really talk it out it's the problem isn't really gonna go away so definitely try to understand why they're being mad or why you're being mad and then try to resolve that problem from there cuz I feel like when you're ignoring somebody for a long period of time it's not really gonna help the situation and it's not it's definitely not gonna fix it for you. And especially if you're living with your parents, that could be a big problem because you're probably gonna need them still in a lot of situations. And if you're living with somebody, you do want to have the best relationship with them. So keeping that in mind and then also talking out would probably help ease the situation.

question 36:20

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

Hajir Al Obaidi 36:26

So just like I mentioned before with mental health, I feel like definitely reaching out to the people who are close to you, like your friends and your family would be really helpful. And then also, if that isn't working out, there are a lot of like organizations that do help with these kind of situations. So I would definitely say research what kind of companies or organizations you want to reach out to that can help you. And then if it's really getting bad, I would say talking to a therapist would probably be the best situation when you're feeling lonely.

question 37:10

How do I handle peer pressure to use drugs or alcohol?

Hajir Al Obaidi 37:15

So I mentioned this earlier, but just simply saying no is the best thing to do when you're feeling peer pressured, especially when it comes to alcohol and drugs and you don't really want to be involved in that situation. It's a different thing if you do want to do it. But I feel like if you're peer pressured into doing it, you should definitely just like simply say no to that person and then slowly get out of that relationship with them because feel like if they keep peer pressuring you constantly, that's not really a good relationship to have with that specific person. So just like cut off ties with that person slowly and try to get out of the situation as much as possible.

question 38:05

What should I do if I witness bullying at school?

Hajir Al Obaidi 38:11

So I would say the best thing to do would be to report that specific person who's doing the bullying cuz I feel like if you put yourself in that situation and then you try to stop that bully from doing whatever they're doing, it's probably gonna escalate from there and you're not really gonna solve the problem and it's probably gonna, the bully is probably gonna turn on you rather than the other person so I would say report that person and then talk to like real like the adults in your school and see what they can do about it like basically telling them what happened telling them what you saw would be the biggest thing that you could do to help that person who's getting bullied.

question 38:54

How do I prepare for a Science Fair or research project?

Hajir Al Obaidi 39:02

I would say s for a research project specifically, I would say definitely know what you have to include in those research projects and then just like working your way from there and I would say like using resources that you've used in the past and are gonna be really helpful with for you for example, for me, whenever I have to do research on specific things, I normally go to Wikipedia, but I don't use any of the information on Wikipedia and I use like the footnotes on there. And that actually does help a lot when you're looking at these specific websites that like form the Wikipedia page. So using that specific strategy for me has worked in the past. Other people tend to use Google Scholar for specific research projects. So if that helps you out as well, you might want to do that. But just finding. A specific strategy that you've used in the past and then applying it for the research project you're given might help you out.

question 40:13

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

Hajir Al Obaidi 40:18

Okay, so I mention this about like self confidence but so like body image and self confidence in general it all stems from like mental health issues or basically it's a mindset issue once you fix your mindset about that specific thing that you're struggling with it's really gonna help especially like even people with eating disorders we might not wanna think of it as like a mental health issue or even if it we're talking about gender dysphoria for example it's all mental health issue so just fixing that mindset and like telling yourself that you're good enough or like that you don't really need to improve anything in yourself that would really change the outcome.

question 41:11

how do I set boundaries with friends and family?

Hajir Al Obaidi 41:17

So when it comes to friends and family, I feel like s having a relationship with them and still hanging out with them that is really important for you. But I also value alone time and boundaries are really important to set when you're and like a family or you're talking to your friends. So I would just say like simply taught telling them that you want your boundaries out there and you need them to respect that like voicing your opinion is something that you wanna do definitely. So I think if you don't really voice your opinion, I feel like they're not gonna know that you need boundaries and especially if you have protected parents, let's say they're not really gonna understand the situation unless you tell them about it, even though you don't really wanna put yourself out there, putting yourself out there's the only way that you can have those boundaries.

question 42:18

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

Hajir Al Obaidi 42:24

Oh, okay, that's a really good one. I feel like if you don't really stand up for yourself, it's not the problem isn't gonna be fixed. So I feel like if somebody's being outwardly racist or they're being discriminatory, if you don't tell them to stop or you don't explain the situation like why what they're doing is wrong, they're just never gonna understand why they shouldn't really be doing that anymore. And I feel like I feel like if when it comes to racism and discrimination, some people actually know that they're being racist or discriminatory, but that they're doing it on purpose. So I feel like when they keep doing it, you should probably just ignore it because I feel like they're trying to seeks your attention at that point. If it gets really bad, I feel like that's the point where you should actually report what's happening. But I feel like when you do ignore them, they're probably gonna stop anyways because if you don't give them the attention that they're looking for, they're not gonna really wanna keep doing that but in certain situations where it does get really bad, I feel like reporting it would definitely be the best option. Cuz if they're doing it with you, chances are they're doing it with somebody else. So you don't really wanna have other people be the victim as well. So you're not only protecting yourself in that situation, you're also protecting other people by reporting it.

Question 00:04

how do I handle conflicts within a group project?

Hajir Al Obaidi 00:10

Okay, so when you're working on a project with a group, I would say the best way to handle a conflict would be to like communicate your feelings with the group. If the conflict is really big, like I would say if they're not doing any work or they're not putting in effort, you might want to communicate that with them and maybe assign roles to each person so that they know what to do and what to expect if that's still not working. What I do normally in this situation is that I just like do the work and I know it's kind of annoying and like you're only everyone is like getting credit for it when you did the work. But to be honest, if the assigning rules suggestion doesn't work I would say that's like the only thing that's left to do because obviously the teacher is probably not gonna help out with that situation since there's a bunch of groups out there in the classroom and they can't monitor every single person and how much they're working so I wouldn't say to get the teacher involved in that situation but I would definitely say just like do your best on it and if assigning roles doesn't work out then just like do the work on your own and you're still gonna receive credit anyway so it is what it is.

Question 01:29

How can I build a strong resume for college applications?

Hajir Al Obaidi 01:36

Okay, so there is a bunch of things to consider when you're doing a resume. But I would definitely say there isn't one right answer to establishing a resume. Like if you're into volunteering, if you're into doing an actual job, put that on your resume. But everyone has a different thing that they want to put on their resume and there isn't like one right way to look at it. So for college applications, the people who are looking at your resume, they're not gonna have a strict view of what it should look like. So I would just be open minded and try out different things and put them on your resume. Put as many things as you can on there.

Question 02:18

How do I navigate social media responsibly?

Hajir Al Obaidi 02:24

So for social media, I would, I mention this like in previous interviews, but there's a bunch of misinformation and things that aren't true on social media.So I would definitely say if there's something that looks off or you don't really agree with that on social media, I would try to find different platforms on or different accounts on social media that you can follow and they can agree with what your viewpoint is.But I would just be mindful of the misinformation out there cuz there is a lot, especially on platforms like social media.So be aware of that.

Question 03:08

how can I develop strong problem solving skills?

Hajir Al Obaidi 03:14

Okay, so with problem solving skills, there isn't one right way to develop that skill, but I would definitely say when you're given a problem, just try to think of it in your own way and then try to figure out solutions that you think might work out. Because I feel like if you kind of take into account what other people might do, it's not really authentic. So I would definitely say just like look at it from your own viewpoint, try different things out because maybe one way you're that you're looking into that situation might not work out and then just try different things to solve that problem.

Question 04:01

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

Hajir Al Obaidi 04:08

Okay. So I had trouble with this in the past as well. But I would definitely say if you're getting to the point where you're overwhelmed, you might wanna say no to a couple of things. I know it's hard to say no to a lot of things, but definitely if you're just feeling really exhausted and you don't think that you're gonna perform well in all of the extracurricular activities, you might want to either lower the number of hours that you're committing to each activity, or you might want to say no to one activity or two to kind of just get it off of your plate. But I think mainly just saying no, kind of like lowering the number of hours that you're committing would definitely help lower that stress level.

Question 04:55

How do I develop effective research skills?

Hajir Al Obaidi 05:00

Okay, so with research skills, I think mainly just using websites or basically using platforms that are actually like authentic and the reliable credibility is really important when you're researching using things like Google Scholar would definitely help you get those resources kind of like the same thing I said with social media don't believe everything that's out there because a lot of times when you're just like looking into one thing it's gonna be off and I know with a lot of things if you're watching a video, let's say if it's like a 6 minute video counterpointing like a point that everyone like or mainly everyone believes in you might not want to follow that specific source just like check the the people that are like writing these sources or making videos of certain things and then try to know what their credibility is what their background is if they have biases on certain things like if their background affects their viewpoint. These things are really important to consider when you're looking into research projects.

Question 06:17

How can I prepare for the transition to college life?

Hajir Al Obaidi 06:22

So the transition to college life is I feel like it's something that not a lot of people talk about, but it's very important. I feel like when you're going from high school to college, you might not really know how to build your schedule or you don't know what to expect when it comes to college life. But I feel like just branching out talking to different people like administrators, maybe making new friends would help you get a accustomed to the college life, like joining new clubs, maybe joining extracurricular activities besides clubs, something like that would probably help you get accustomed to college life. But I would definitely say if you're feeling overwhelmed with that, it just takes time. So just like be mindful of the fact that you're not gonna get accustomed to this in a month or maybe two months. Maybe just like wait a whole entire year for you to be getting used to this kind of new life because it is very different from high school life and you're not gonna get used to it in a short period of time.

Question 07:34

How can I develop strong leadership skills?

Hajir Al Obaidi 07:41

So with leadership skills, I would say there isn't like one way to be a leader. Just like be mindful of the fact that you're you and that's your authentic self. So just like make sure that you're driving home that fact with the people in the group that you're surrounding your yourself with. And I would also say just like be able to speak out and put your voice out there because I feel like with most leaders, if they don't really speak out, they're not technically considered a leader. But I would just say don't be shy in the group that you're in. Make sure that you're basically surrounding yourself with people that you trust in order to build all of these leadership skills. Just make sure that you're in the right circle of people, make sure that you speak out and then don't be shy when you're put in difficult situations and always try your best.

Question 08:40

What should I do if I'm feeling homesick in college?

Hajir Al Obaidi 08:46

Okay, so when you're feeling homesick in college, I would definitely say the easiest way to not feel homesick is to call your parents every single day, call your family every single day. Like a simple text would probably just make you feel so much better. I don't know, like sharing your everyday life with your family, making sure that they're sharing their own life with you as well, would probably not like make you feel left out. So just make sure that your communication is as good as ever so that you don't feel homesick as often. And I know a lot of people when they're in college, they tend to visit their family more often then, or they don't just visit their family in the holidays. They like visit their family a lot more often throughout the school year. I would definitely say make your visits more frequent and make your communication a lot more frequent as well.

Question 09:42

What role does spirituality or religion play in your life, if any?

Hajir Al Obaidi 10:30

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Hajir Al Obaidi 10:33

Okay. Spirituality and religion play a huge part in my life. I feel like if it weren't for my religion, I wouldn't be who I am today. For me, I feel like just, I know a lot of people are either non religious or they don't believe in god or anything like that. But for me, a lot of things that are like going on in the world, I feel like the only explanation for it to for it to happen would be if there's a higher power out there. So that's just my own viewpoint of it. But I feel like a lot of the things that I experienced in life and the people I surround myself with are all like kind of relating to that aspect of it. So, okay, when you're feeling challenged, when your beliefs are being challenged, I would just say be mindful and basically just like keep an open mind for new ideas because I feel like when you're put in a situation where you disagree with something or like you don't you if you feel that like that person is not correct in any way I I feel like you should always try to like from what I they're saying that or what kind of views they had in the past and how that influenced why they're saying the things that they're saying because that could lead you to find a common ground.

Question 11:22

How can I handle situations that challenge my beliefs or values?

Hajir Al Obaidi 12:13

I would say even if somebody's disagreeing with you there's always gonna be a common ground between you two in some way so I would just say seek out that common ground find the reason why they're saying those things and that could give you closure. As to why you're disagreeing with them or as to why your ideas are being challenged.

Question 12:38

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

Hajir Al Obaidi 12:45

So with addiction and substance abuse, I would say like reach out to people that are close to you and try to seek out help from them. So like your family and friends would be a good way to start. But I feel like if you're really struggling, I would definitely seek out other organizations that like our experts at this kind of si, at this kind of thing. There's a bunch of hotlines that you can call. There's a bunch of organizations that you can reach out to that could help you with it. So I would say just start small with your parents your family members, your friends and see what you can get out of it. But then if you're struggling beyond that or you feel like they can't help you as much, reach out to these other organizations.

Question 13:33

What should I do if I'm experiencing impostor syndrome in my career?

Hajir Al Obaidi 14:11

Okay, so I would say definitely just like, okay, so I feel like in that situation, it's kind of useless to go back in your thoughts and be, oh, like I actually did achieve this and I shouldn't doubt myself.

Question 14:28

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Hajir Al Obaidi 14:28

But I would say talk to people who have gone through the same thing that you have gone through, like colleagues, friends and family, like they know the work that you put in and that you deserve to be there and try to get their input on this. But I wouldn't like waste my time like going through my own thoughts and spiraling because I feel like if you're going through impostor syndrome, it's kind of useless to go back in your own thoughts and you might wanna have to talk to people who know you and can confirm that you should. Didn't go through impostor syndrome and that like you have achieved this great thing and you should be grateful for it.

Question 15:11

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

Hajir Al Obaidi 15:17

Okay, so if you're experiencing burnout, I would say like take a day off. That would be my way to solve this. I would like take a day off, try to do the things that I love, the hobbies that I love, hang out with your friends and family. Just do everything that can that's not work related for a day and then just go back to work and you'll feel so much better after taking that day off and doing everything that you love because then you kind of just like dedicated one day to doing everything besides work putting it at the back of your head and then now you're just like continuing afterwards.

Question 16:13

how do I approach situations where there's no clear, right or wrong answer?

Hajir Al Obaidi 16:24

So if you're approaching a situation where there's no right or wrong answer, I would say just go with your gut it's since there isn't a right answer out there there isn't gonna be a wrong answer either so just like go with what you're feeling trust yourself just be authentic. It's not gonna be the end of the world if you like somebody's saying the a different thing than you because we all have different viewpoints we all have different experiences so just keep that in your mind and just trust yourself when you're answering that question.

Question 17:07

How do you define a fulfilling and meaningful job?

Hajir Al Obaidi 17:13

Okay, so to me a fulfilling and meaningful job would be any job that you kind of see yourself in. If you can't picture sure yourself being in that job, then it's probably not gonna be the right job for you. It has to be something that you love. And I feel like this is kind of controversial because a lot of people say it has to be, it has to give you money, it has to kind of help you sustain your life. But I feel like if you see yourself going to work every day and you enjoy going to work, that's a sign that this is like a fulfilling job for you. You should be in that job and that's where you belong.

Question 17:57

Are you more inclined towards optimism or pessimism?

Hajir Al Obaidi 18:04

I kind of am inclined to like both in certain situations but I feel like with optimism I I think I'm incline to it if I went through a bad situation and I'm kind of just like reassuring myself that's gonna be alright so that's when I'm inclined to optimism but with pessimism I kind of I'm inclined to it when I'm in a difficult situation and I'm okay I shouldn't get my hopes up that's when I'm inclined to pessimism so I would say diff it differs depending on the situation but I'm inclined to both.

Question 19:01

What kind of work environment do you thrive in the most?

Hajir Al Obaidi 19:09

Okay with a work environment I would say a quiet calm work environment would be a one that I would thrive in the most if there's people around me that are also motivated and love what they're doing, that's also a work environment that I would wanna be in. So I would just say like if it's like for me, if it's not calm and quiet, I feel like if it's like a loud kind of work environment, that's like when my brain kind of goes all over the place and that's not really an ideal situation that I wanna be put in. So definitely like a calm, quiet work environment and then people that actually love what they're doing is also something I wanna surround myself with.

Question 19:58

How do you think society should address mental health issues?

Hajir Al Obaidi 20:07

So I feel like we're getting better with addressing mental health issues, but I feel like getting to a point where everybody can feel like free to talk about it and they're not shy from talking about this kind of thing, making it okay to experience mental health issues, that would be the ideal way to deal or like to address mental health in our society.

Question 20:33

How do you feel about the rapid advancements in artificial intelligence?

Hajir Al Obaidi 20:39

Okay so I feel like with artificial intelligence, it's kind of a way for somebody else to do the thinking for you. So that's like a big problem for me cuz I feel like we're going away from you doing your own thinking and we're moving towards somebody else doing the thinking for you and that could be out damaging a lot when it comes to certain careers, especially if you're in a stem career where you have to do the thinking for yourself having somebody else do it for you is pretty damaging and it kind of just like I don't know it lowers the intelligence for certain people cuz then you're just like depending on somebody else and when you're depending on somebody else for something you're not doing it on your own which is really damaging for future generations so to me I feel like artificial intelligence does more bad than good but I mean it could be good in certain situations but I feel like going forward it's not gonna benefit anyone.

Question 21:50

How do you think technology will impact the future of education?

Hajir Al Obaidi 21:56

I actually okay, this is kind of the opposite of what I was just saying, but I feel like technology is really in the future, it's probably gonna improve education because I feel like in the past education was kind of harder to do when you don't have a computer out there for you to help you out with some things so I feel like it does benefit education in the future but certain programs like AI I feel like shouldn't be used when you're in an education field but overall I feel like it does technology is probably gonna improve later on.

Question 23:34

How do you handle generational differences within the family?

Hajir Al Obaidi 23:40

Okay, so despite the generational differences between family members, I feel like there's always gonna be common ground in certain situations. I feel like food is a bit is a big thing that could be like a common ground between all generations in a family. Like if I feel like food is kind of like something that we can all enjoy together and chat about it or make food together. So finding similarities like that would probably help bridge the differences. I would also say, especially if you're talking about grandparents and granddaughters or grandsons, I feel like the relationship between them, it's kind of pretty strong when you're young, especially like I remember when I was young and then I had grandparents, I would always like tell them about how my day was going and all of that. So I would say like these kind of little conversations between family members, like getting to know each other is also another way to bridge differences. So definitely having these con little conversations about each other and then like finding similarities between each, between all generations would definitely bridge the differences.

Question 24:58

How do you think historical events shape contemporary societies?

Hajir Al Obaidi 25:17

So I feel like with historical events, there's always like one or two things that you can learn from them. There's always gonna be like mistakes and achievements that people made. All of these mistakes and achievements can influence how contemporary events are gonna be viewed. So I feel like historically, for example, there is mistakes that like Napoleon did that like I think when we talk about Russia or something, there was like, I don't really remember the exact thing, but there were the same mistakes occurred again. So I feel like history kind of always repeats itself and you should always remember that when you're given certain events.

Hajir Al Obaidi 26:05

I feel like with colonialism especially, even though it started in way back, it's still something that occurs right now, as we can see in certain events, especially like in this really housing in conflict. Just remembering that certain events always repeat themselves. People always make mistakes and all of these achievements that they also make can influence contemporary events.

Question 26:33

Why do you think it's so hard for us as a society to not repeat history?

Hajir Al Obaidi 26:45

I feel like with us as a society, we always believe that what we do is right. Whenever we're put in a certain situation, we act upon it. And we always are like, okay, this is the only right answer. With colonialism, a lot of people in the past, they say, oh, like, it's not really taking rights from these people. Like we're not really colonizing them. And right now, literally the same exact thing is happening because people are okay, like the Israelis are actually occupying Palestinians, they're not actually dying. They're like denial. So like we're always in denial. We always think that we're right. And I feel like that sense of, I feel like that sense of okay, like I'm always right. There's no other right answer. That's what makes this repeat these mistakes. Like we're not willing to admit to all of these mistakes. We're not willing to kind of confront ourselves with it. So that's what makes us repeat them in my opinion.

Question 27:56

What's your opinion on the concept of a chosen family and its significance?

Hajir Al Obaidi 28:05

So when people say chosen family, they always mean not the family that you're born into, but the family that like you kind of chose to surround yourself with. So I think a lot of people when they meet certain friends, they call them family members because they're okay, like I chose that person and they're kind of like family to me now.

Hajir Al Obaidi 28:24

So to me, I would definitely like agree with that concept because I feel like with family members, you kind of, a lot of times you can't even trust your own family members. And I know that's a sad thing to think about and all that, but it is so true in our society right now. You literally cannot trust anyone. And the people that you surround yourself with are the people that you should call family to me. If you just make a friend and then that friend is like the ideal friend that you actually wanna surround yourself with, they should be consider family to you.

Hajir Al Obaidi 29:03

So I, I would definitely agree with that concept. I, and a lot of people, like, especially when they talk about adoption and all of that, they tend to say family isn't like blood. It's not based on blood. It's based on love. And I totally agree with that as well because just because like somebody gave birth to you doesn't mean that they necessarily love you or they care about you. It's the person who raised you and is going through all of these years like trying to make you grow up into like a significant individual that should be considered a good family member.

Question 29:47

how would you approach parenting and what values would you instill in your children?

Hajir Al Obaidi 29:55

So my approach to parenting, I feel like, I feel like it wouldn't be that much different from how my parents approach parenting because my parents were always, like, very strict. So I feel like I would be kind of a strict parent because I feel like if you're kind of lenient with your kids, especially when you're, when they're young and they don't like, know any better, I feel like that's when you should be the most strict. You should always establish rules and have rules that they should follow. So that's, that would be like my approach to parenting.

Hajir Al Obaidi 30:29

Other than that, I feel like when they do grow into 13 age years, that's when you wanna be more understanding and have that kind of approach to parenting that's not really, oh, like I'm the authority figure, but rather than I'm kind of like a friend that you can talk to more. Because I feel like a lot of parents don't wanna say, oh, I should be like a friend to my child cuz that's not really the concept that it should be. But I feel like when they grow into their teenagers, that's when you want to be their friend as opposed to an authority figure in their life.

Question 31:07

What role do you think siblings play in shaping each other's lives?

Hajir Al Obaidi 31:15

So with siblings, it's kind of different for everybody. But I feel like you always kind of have those built in friends with you with so siblings, it's kind of okay like you grew up together as opposed to a friend who like you made later on in your life. So I would say like siblings kind of have a more deeper connection with you. Like I would tell my sister things that I'll probably wouldn't tell my friends. So that kind of deep connection is what siblings are meant to be.

Question 31:53

How do you perceive the impact of parental influences on personality development?

Hajir Al Obaidi 32:03

S okay, parental influences can really influence what your personalities like I feel like half of my personality is literally my dad and then the other half is my mom. So I would say like when you're growing up, specially as a little kid, you kind of pick up things from the adults in your life, especially your parents, because you're literally living with your parents every single day. So I feel like it's easy to pick up on the habits that your parents are establishing and the things that they're doing. When you're a little kid, you literally copy what people are doing. So the copying part, I feel like, is what makes a personality in a child. And I feel like your personality really develops when you're a child and that stems from your parents. And then when you're like a teenager and an adult, it's kind of already started when you're a child and then it's just like growing into that personality and it's all coming from your parents.

Hajir Al Obaidi 33:14

Okay. Okay. You said how do you handle familial? Okay. So I would say with both of these things, you kind of always wanna make sure that you're communicating with your family. I would say if your family is having a certain vision in their mind about what you should be or what you have to do in your life and then you have a certain vision of, okay, like I have these aspirations that I wanna get to, you should always have that communication between yourself and your parents for like how you can meet, you can have a middle ground between both of these things, like for me personally, my parents were always saying, okay, I should choose a career that is sustainable for me and that's why I chose to go in the stem field. But then I was also really passionate about history, for example, and that's why they're like, okay, you should probably like minor in history and have a stem major. So like these kind of things, having that like middle ground between what you want to do and then what your family wants you to do is like what should be done in these familial kind of expectations versus your personal aspirations.

Question 33:04

how do you balance familial obligations with personal aspirations?

Question 33:09

How do you feel about the prospect of humans living on Mars?

Hajir Al Obaidi 35:07

Okay, I've heard a lot of people talking about how Mars is kind of like, it can sustain life kind of like earth. And to me, I feel like I don't really agree with that kind of viewpoint because I feel like there's no other planet like earth. I feel like because earth is so unique, it has like, I don't know, water bodies and it has like land and all of that, I feel like there isn't gonna be another planet that kind of combat that. So the fact that we do have life on earth, I don't feel like we could see it on any other planet. And even if there is life on Mars, and it's actually true that there is like valleys in water. I feel like you probably can't sustain a life for a very long time there. Like it's proven on earth that people can live past 100 years. So I feel like on Mars it's probably not gonna be the case because you're probably gonna be the only individual on there that's living. It's not like you have a huge population there. So to me, I feel like earth is the only place that can sustain life and not places like Mars.

Question 36:33

How do you feel about censorship in art and creative expression?

Hajir Al Obaidi 36:41

So I feel like, alright, this is like, I feel like for me, I don't condone any type of censorship or I don't condone like cancel culture and as a whole because I feel like especially when it comes to art or when you're expressing something related to your viewpoints, you should always be able to express that, especially in the US if we're kind of just like denying all the other countries out there and we're only talking about the US, like in our First Amendment, freedom of expression is literally part of the First Amendment. So the fact that a lot of people kind of like censor certain things or they're not agreeing with something and they condone cancel culture, that to me is like really going against what the Constitution says and against the First Amendment as a whole. So I feel like I don't know. I just don't agree with censoring anyone when it comes to art or expressing yourself.

Question 37:44

How do you approach sustainable living in your daily life?

Hajir Al Obaidi 37:54

For me, sustainable living just means doing the things that you love. Basically if you're feeling burnt out, you kind of just like take a break, all of these things. Alright, like the definition of sustainable living for me, to me how I approach it would be I'm a full time college student. So I just like go to college every single day, do work and all of that. And then during the weekends, I feel like that when I kind of take time to relax and take a break. So that's kind of like how I approach sustainable living.

Question 38:33

What's your take on the future of space exploration and colonization?

Hajir Al Obaidi 38:47

Okay, these are like two different things, but I would say like for space exploration, I feel like we're headed in a very good direction cuz I feel like a couple years ago we where as advanced when it comes to exploring outside planets or like space in general. We obviously have like NASA right now and we have different technologies that are super advanced. So I feel like we're headed in a very good direction when it comes to all of that. When it comes to colonization, I feel like we're not headed in a different path.

Hajir Al Obaidi 39:22

I feel like we've always been doing the same thing that we've been doing in the past. I kind of like mention this earlier, but I feel like we're always in denial and we're not willing to say that we're making a mistake. If it was like with the Native Americans in the past when the Europeans came in the, into the Americas, or now that we're talking about the Israeli Palestinian conflict, I feel like we're always doing the same thing over and over again. We're, and we're not even realizing it. And that's because we're unwilling to say that we're making a mistake.

Question 40:00

What's your perspective on the impact of art and music on mental well being?

Hajir Al Obaidi 40:08

So I feel like everyone kind of enjoys art and music in a different way. I feel like they're not huge for me per se, but I feel like other people kind of take art and music very seriously. So for me, if it comes to choosing between the two, I would definitely choose music over art and it'll pay a lot of people kind of like choose those two heavily. Like they don't have preference or like one over the other. So I would just say it depends on the person and what their values are and what they like kind of enjoy. So I would say just the first, it's not really specific on one person.

Question 40:54

What's your opinion on volunteering and community service?

Hajir Al Obaidi 41:00

Okay, so I kind of have mix views on volunteering and community service. I feel like volunteers aren't really recognized in our society for their work. I feel like especially if there's a person who like volunteers for endless amounts of hours and they're actually putting in a lot of work, kind of like how somebody else would put in if it was like a real job. I feel like they're not really recognized besides like, okay, here's your hours, you can put them on your resume or you can put them in a college application. Beyond that, they're not really given anything.

Hajir Al Obaidi 41:36

I feel like monetary value with volunteering is kind of like lacking, but with volunteering I feel like it's you're doing something great for society with like no benefit out of it. So it's kind of like charity at that point. So if you're taking into that account, I would say if you really want to have charitable actions, volunteering is a great way to do it. And I like commend all of the volunteers that we have. But to me, if you're not giving money for something that you work really hard on that kind of, it's kind of lacking for me. Like I would, it's kind of also like unpaid internships. Like I feel like unpaid internships shouldn't really not exist because you're working so hard on something. So I would, I said I would say if you're working really hard on something, you should definitely get paid for it. So that's why I kind of like volunteering is like an iffy topic cuz I know for me, I volunteered endless amounts of hours like in a public library and I feel like I should have gotten paid for it. But then again, it's volunteering. So like you don't get paid for any of that stuff.

Question 42:56

What do you believe is the purpose of human existence?

Hajir Al Obaidi 43:03

So, I feel like it's kind of, it's really different based on what each person believes. So like you mention like religion and spirituality in the beginning. So I feel like if somebody has a take on religion and spirituality, they would definitely like mention it when it comes to the purpose of being alive but for me I would say the purpose of me being alive and f of for existence basically is to satisfy a higher power and to gain as much like good actions that can basically put me in heaven base as a general thing but I don't know I feel like it depends on what that person's spirituality and religion is because their diff their answer could really vary.

Question 43:58

Do you believe in the concept of destiny or fate?

Hajir Al Obaidi 44:07

I would okay, so I feel like for me I'm always a big believer on everything happens for a reason so to that I would say I don't believe in destiny because destiny is okay like destiny is basically I don't know how to define destiny but with fate it's oh, like something happened and you didn't expect it to happen. So that's what my definition of fate would be. So I guess I do kind of believe in fate because a lot of the things that did happen in my life, I kind of didn't expect them. I think I like met touched on this earlier in a different interview, but there was like a guy in my elementary school that I didn't like expect to see in college. So like that to me was fate but I don't know destiny. I feel like I probably don't believe in it because I'm a big friend believer on okay, like everything does happen for a reason. So it's not like something happen and there wasn't like anything behind it. So I'll say I believe in fame and not destiny, eh?

Question 45:17

What are your views on forgiveness and second chances?

Hajir Al Obaidi 45:26

Okay. I'm a big firm believer on, okay, like everybody does deserve a second chance because like we're all human, we all make mistakes. It's like normal to make mistakes. So I believe everybody should be given a second chance when it comes to that. But if they abuse that power or if they don't take that second chance, if they take it for granted, that's when things should be taken away. So like I would say I wouldn't forgive somebody if they make the same mistake after the second chance.

Question 46:03

Do you believe in karma or the concept of cosmic justice?

Hajir Al Obaidi 46:11

I would say I definitely do believe in karma because I feel like somebody if if something bad happened to them that's probably like a result of them not being grateful for something or like them making fun of something so I do believe in the concept of karma the second concept you mentioned I'm not really like familiar with it so I don't really have any views on it but I would definitely say I do believe in the concept of karma.

Question 46:43

How do you think society should address income inequality?

Hajir Al Obaidi 46:49

Oh, so to me the concept of income and Equality I feel like if you're working hard towards something you should always be awarded for it and I feel like some individuals who like don't work as hard as others are awarded more. So it's kind of like a touchy subject right now. But I feel like the low income versus middle class and high class individuals, that's a big topic that's like in economy right now. To me, I feel like low income individuals are kind of given more benefit than anybody else, which it, in certain situations it does make sense if they're not working as much. And I actually do need assistance. But I know a ton of low income individuals who do work, but their work is it like as hard as middle class individuals and upper class individuals and they're still given a lot of money from the government. So to me, that's not Equality at all. I don't know. I feel like everybody should be awarded for the work that they do and it's not going on right now. So in our society economically.

Question 49:27

Are you more driven by passion or financial stability in your career choices?

Hajir Al Obaidi 49:34

I would say I kind of like take both into account when it comes to my career choices. Like I definitely say do something that you love it. Like I mention this earlier, but if you go to work and you don't feel, or if you don't feel like going to work or if you don't every day, you're okay. Like I, I really hate the job that I'm in. I don't wanna go to work today because I don't. Don't wanna have to do the things that I hate. Like that to me isn't something that you should pursue. But then I also feel like you should take into account how much money you get out of doing that specific career because when you're gonna grow up and you're gonna have to pay for your bills or like sustain a family that if you're not looking into a career that can give you that, it can be a problem. And then you're probably gonna have to go through more schooling to get a different degree, which is gonna be really time consuming. So take both into account and I know it's hard to bounce both, but you're probably gonna have to find a career that can give you both of these things at the end of the day.

Question 50:48

What's your thoughts on the importance of education in society?

Hajir Al Obaidi 50:56

So I feel like to me, education is really key when you're looking into jobs in the future. To me, I feel like without education throughout like elementary school, middle school and high school, you're gonna be like nowhere in life. So to me, like everything starts with education. I feel like our teachers are kind of like what build everything for us. It's partly like why I want to become a teacher because I feel like without our teachers, you're never gonna have doctors, lawyers, scientists, all of these people would be nowhere without education in the first place. So I would definitely say it's a very important thing that everybody has to go through because you're never gonna be anywhere in life without basic education, I would definitely say.

Question 51:49

Do you think someone can be successful without higher education?

Hajir Al Obaidi 51:58

But you're gonna have to go through the basic kind of education like kindergarten to like high school. So these this basic education is partly why you're gonna become successful. Like I know social media influencers don't have to go through higher education, but they did have to go through elementary school, middle school and high school. So to me that would be more important than college. So I feel like if you're not knowing like basic math or basic English writing that this signifies like you're not gonna be successful in life. But I, if you don't go through college, higher education, that doesn't mean anything because right now there are a bunch of careers or you can go to trade schools and those do get you jobs in the future. So it's not like the end of the world if you don't have higher education.