Honors project: Professional Resiliency and Well Being

Jessica Granados
In the beginning of the semester..

I took the honors class BHS 155. Its course that teaches you how to regulate your time and take care of your mental health. This course taught me how to change the way I look at a stressful event into a learning experience and open my perspective on how I see things. Two big events happened that I realize this course helped me open myself to these new environments.
September 22\textsuperscript{nd}-24\textsuperscript{th}  
Leadership retreat

The first event was a leadership retreat opportunity that student life suggest it would be a great learning experience to learn how to be a leader. At this point in the course, I was learning about human resilience and the psychology of stress. Both lessons taught me that a new environment may feel stressful, but it’s an opportunity for me to learn and understand my strengths and weaknesses as a leader.
November 1st
Dia de los Muertos

The second big event that this course has taught me to look at my faults as a learning experience. I was hosting for the first time with my club members and tried my best to feel okay at public speaking. What I learn from taking this course is how to change my perspective on how I did instead of quitting I am taking the experience I learn and adapting from it learning from what I learned in this course to become a better public speaking at events.
Summary

Overall, this course was a learning experience for understanding how to be reliance and realizing its okay to fail learning from our failures is how we improve and getting over of our comfort box to take on new environments is going to improve my journey in learning to be a better resilient leader that others can learn from.