

Monday, March 15th, 2021

Here is your prompt for today:

My favorite way to spend the day is...*to stay within schedule or check off the tasks in my to-do list because it makes me feel productive. Sometimes my daily tasks consist of eating three meals a day, drinking enough water, cleaning, and/or sleeping on time as some days are mentally draining and taking care of myself is my priority.*

The words I'd like to live by are...*being lazy is disrespectful to those who believe in me.*

If I could talk to my high school self, the one thing I would say is...*that taking breaks is okay to do and that your future self will be thankful towards your hard work.*

I really wish others knew this about me...*that sometimes I don't say how I really feel because I expect my loved ones to know what I want without me directly stating it.*

I couldn't imagine living without...*my parents and best friends because they are who I lean on when I need support.*

When I'm in pain — physical or emotional — the kindest thing I can do for myself is...*spend the day doing self-care and talking to my best-friends/ parents.*

I feel most energized when...*I get enough sleep and nutrition because I don't usually get those things on the daily bases.*

If my body could talk, it would say...*that it needs a proper routine.*

I feel happiest in my skin when...*I have fueled my body with nutritious meals and spent time appreciating my body for protecting me.*

Tuesday, March 16th, 2021

Write about an impactful conversation you had this quarter. Maybe with an instructor or classmate who inspires you. Maybe a talk long-time mentor who has seen you through years of ups and downs, or a brief interaction with a stranger who changed your thinking on an issue. Write about the ways the conversation and connection with other people made you think differently or more deeply about your experiences, and how you might carry that forward into future quarters and decisions.

I had many impactful conversations this quarter, but one that impacted me the most was the meeting with my ALVA advisor, Lisa. During our meeting, I spoke to her about my struggles in MATH 125, and she stated some options I had. I never thought that I would actually s/ns a class at the UW because I have always been able to get myself through difficult situations as I fear facing failures. Lisa acknowledged that s/ns-ing a class doesn't mean that I am giving up on the course, but making a decision that can benefit me. I have always loved school for the learning aspect of it, but did not always make my grades the first priority. This conversation made me realize how important grades are as well. After the meeting, I thought about what I was going to do about the math class for weeks because I was still holding on to my pride. Ultimately, on March 12th, I decided to s/ns MATH 125, so my GPA in the class would not affect my cumulative GPA. Now that I have already s/ns-ed the class, I am planning on taking it during the summer again. I learned a lot from this experience because I now know not to be ashamed of retaking a class, but simultaneously not allow myself to be so comfortable that I fail a class in the future.

Wednesday, March 17th, 2021

Make a list of 10 things that make you smile. Now pick one, and write as much as you'd like to about why you're smiling.

- 1. Talking to my best friends, especially Z.*
- 2. Talking to my grand-father, who lives in Nepal and my parents/brothers*
- 3. Playing with our puppy, Kiko*
- 4. Cleaning and doing laundry*
- 5. Going out on long walks and watching the sunset*
- 6. Working-out/ going out on runs (which doesn't happen as much as I would like)*
- 7. Reading a good book*
- 8. Completing school assignments/ readings*
- 9. Eating sushi*
- 10. Being productive/ taking care of myself*

Thursday, March 18th, 2021

If you could study something that is very different than your prospective/ current major, what would it be and why?

I took HONORS 391 A Race, Gender, and Diaspora with Professor Clarence Spigner and I really enjoyed the class. It was insightful in a sense that I got to learn from my peers more than Professor Spigner. The structure of the class itself was very different from my other classes because the students were responsible for presenting the material to the class. Even though I was skeptical of the structure in the beginning, I grew to enjoy and appreciate it because the presentation content solely depended on what the students wanted to present on. Besides growing to really like the structure of the class, I learned a lot from this class. We had discussions (not as much I would like) on different topics like colorism, racism, capitalism, health-care disparities et cetera. Even though we were not able to agree on everything, we were able to listen to each other's perspectives and agree to disagree. I would love to take more courses on similar topics because they relate so much to what's going on currently in this country, politically and socially. The conversations we had are relevant to what the Black and Asian communities are facing today.

Friday, March 19th, 2021

If you could go back to just before the pandemic began and the UW transitioned to remote learning and give yourself advice for how to navigate this unique time, what would it be? After answering that... what advice do you think you would give yourself now, one year in with the hope of returning to in person learning on the horizon?

There are many I would give myself, but if I were to narrow it down to my top two, I would tell myself to establish a realistic schedule I can stick to and use my resources when I need help. I did make a schedule to follow so I would not get burnt out, but it was unrealistic. Now that I have completed fall and winter quarter, I now know how to study better. I also wish I used the IC and office hours more wisely and often during the winter quarter. I used both resources during fall quarter, but I did not utilize them this past quarter because I was beginning to lose motivation to study and stay on top of my classes. I would give myself the same advice now, but just encourage myself to take care of myself, mentally and physically. I think it's important to fuel my body well, get enough sleep, and stay active throughout the week. Additionally, I need to pay attention to my mental health and prioritize it.