

## Speaker Bios

Dr. Janice Beal, Owner, Beal Counseling Associates

**Success: What It Means to Students,**

**Speakers: Sedina, Dr. Beal, Jay, Kaelyn, Dannie**

### [Intro]

Dannie 0:19

Welcome, everyone! Thank you so much for tuning in to Speak On It. Today, we're going to be talking about success and what it means to students. So now, we're gonna introduce ourselves. I'm Dannie, I'm a cohost on this podcast, and one of the things that I enjoy is singing.

Jay 0:37

Hey everyone, my name is Jay. I am a chair for the Youth Advisory Board and something that I enjoy doing is playing tennis.

Sedina 0:48

Hi, I'm Sedina. I'm now an IB senior and I enjoy dancing ballet.

Dr. Beal 0:59

Hi! I'm Dr. Beal and I enjoy biking.

Jay 1:08

Great. So to open up our discussion for today, one of the things that we talked about a little in our pre-chat was to startup success for students. It kind of comes up to this topic of school and your majors and your careers, and kind of the mindset that some students and by some, I feel like a majority from my experience kind of deal when they enter college and it's the idea of whatever my career is, or whatever my major is-- that's, that's it. That's it for life. That's what I'm gonna stick to. So I think one of the things that Dr. Beal had mentioned last time, was that it's very important like even before entering college, to figuring out your passions and what's really important and kind of like taking inventory and stock, I guess about like the different characteristics that you enjoy about yourself that you enjoy, like doing in life and then like kind of expanding that and kind of exploring the different majors that currently exist on college campuses.

Dr. Beal 2:30

Last time we were talking about, you know, what, how do you determine what it is that you like to do? What is your passion? And I think that everyone has a opportunity to experience as much as you can, try things that you've never thought about trying before, and see if it actually

becomes something that you really like because you may do, you know, many things before you determine that's really what I'm passionate about. And once you figure that part out that you really, really enjoy doing something, that's what usually sticks. So it's kind of like you may be artistic, you may learn [how that you may like horseback] may become an equestrian rider. And you've never been around horses before. And all of a sudden, you are exposed to horses. It's like, Oh, my God, I love it. So I mean, skating, writing. There's so many different things that you can choose for hobbies, as well as you can choose for a career. Once you go to college. That's why your freshman year they kind of let you take all the basic classes and by yourself more years when you start to, they want you to declare a major because that gives you an opportunity to take a lot of different classes and see what you really like because some of you may say, "Oh, I like I want to go to medical school." But then you take the first classes, you're like, ah, maybe I don't want to go to medical school. "Oh, I want to be a writer," and you say, "Oh my goodness, well, maybe not." I don't You know, there's so many-- pharmacists, you know, there are different forms of medicine, a different form of everything. So I think it's kind of like you guys need to open up and try to find out, explore as many things as you can in high school and in college.

Dannie 4:17

So how would you say that you discovered your passion? Was it like a straight path? Or did you have to try different things?

Dr. Beal 4:29

Okay, so I was on campus, university, St. Thomas was where I did my undergraduate work. And I was walking across campus, and I met a professor, and he just started talking to me, and I usually tell the story every time I get ready to speak because it's kind of like I didn't know what a psychologist or a therapist or a counselor actually did. He asked did I want to take a psychology class. And so I was like, he's pretty nice. Sure. So I enrolled in a psychology class. And little did I know that once I was there and I started studying and all my grades were like straight, I mean, it was just kind of like amazing of what I was really there to study. And all of a sudden, I just switched from Biology to Psychology and did a flip-flop. So Psychology became my major and Biology became my minor. And originally, I was going in the opposite direction. So, the more I learned about human behavior and people, the more interested I became. Every class, I was just eating it up. And it's pretty easy, too, so I kind of liked it... a lot. And I didn't know that that's what I was going to do for a career.

Jay 5:37

So I know that in terms of the conversation of like, choosing your careers and your passions that some people are kind of like, "Keep your hobbies as your hobbies and then your career path as your career path." Like, you shouldn't mix business with pleasure, I guess is like kind of the common saying. So like, what are, what are some like ideas or thoughts that everyone on the panel like has regarding, kind of like that narrative.

Sedina 6:05

I personally think that while you have your hobbies separate and your career separate, your hobbies can kind of, **it's like another window into who you are.** So you can look into your hobbies and find similarities, what you're basically trying to do in your career. And I feel like they can help you see what drew you to your career, maybe like the underlying themes that you experience in your hobbies is what you know, initially will draw you to whatever path you choose in life.

Dannie 6:49

I relate to that a lot. I like the metaphor of the window. It is kind of like a window into who you are like, I feel like I've been experiencing that a lot in the past few weeks just being at home and having a lot of time to really indulge in my hobbies and getting kind of like subtle messages from people like, "Oh, that's a hobby, right? It's just a hobby, like you said you wanted to do this." And I'm like, totally open because I know that at this point in my life, I'm just going into freshman year of college, and I don't have to declare till the end of sophomore year. So if I want to explore, it's definitely the time to do it. So I think it's unique. And we talked about gap years before, it's a unique opportunity between high school and college to take some time off to explore parts of the world, what you really want to do, learn a new skill, and involve yourself in service of some sort. It's just like, a unique opportunity to be able to explore that. And that's not to say that that never ends because nowadays, it's common to switch a career, maybe every 4-5 years or even transfer companies. So just knowing that you have that flexibility, but like, keep knowing who you are and keep finding out who you are.

Dr. Beal 7:59

I think that, in whether or not to mix your business and pleasure, I'd like to think that you can do a little bit of both. So if you like to, to read, maybe you go to law school, but reading is your passion. And so therefore you find something that requires you to read a lot. And you're doing something that you enjoy doing, as well as something that you can make into your career. For example, if you like traveling, international relations or international business, you know, put you in different countries and things of that nature. So, I think exploring, especially people of color, to be able to explore things that we've never thought were possible for us as far as career choices. And that's what pretty much goes back to what I was thinking about with psychology because I have not ever read of any Black psychologists or African American psychologists. I had not seen any. It's like, okay, there's a whole realm of different things, multiculturalism... it just became oh my God. It was like a door that was just flown open and coming in and trying to figure out the differences among us and our similarities.

Jay 9:10

So, that that is such, okay. So regarding your like experience of like, oh, like I've never like met or like seen Black psychologists or so like for other POC students who are interested in career paths that they may not see proper representation of their identities. And they're like, that's what I want to do. But I don't know if I can do it because I don't have a model, like a role model in this field to look at. What are some, I guess, like advices, that like advice that you'd give them to, like be able to feel like they could succeed, feel like they are empowered to, like, continue on with

this path. And it's like, if that's what you really want to do, go for it.

Dr. Beal 9:55

I truly believe that. I mean, you guys, whatever it is, I say that over and over to people that I just meet-- I can meet you in the grocery store. And I'll tell you, if this is what you want to do, be the best at what you want to be. If there's some career that you have not explored, or you don't have anybody that looks like you, look at what they've done and approach people and say, can you help? I need a mentor, I'd like to, you know, I'd like to do what you're doing, can I just come to your office and just kind of watch and see if that's something I really want to do, you'll find that people will be open a lot of times to helping and mentoring. It's just a matter of just really making the first step and asking the question. Now, when I was your guys' age, we didn't have as many internships and things to apply to in the summertime are things that were geared toward minorities for the different careers, like the sciences, you know, so therefore, now there are a lot of things that have opened up that are actually geared toward exposure. And I think, take it. If you see something, apply for it. "Nothing beats a failure but a try." And I always believe that. So if you don't try you will fail at it because you hadn't done it. But if you try and you fail, you get better the second time. That means something else is there for you.

Jay 11:27

I really liked the point that you mentioned, Dr. Beal, about, like just applying/looking for the vast majority of internships and mentorships that are popping up nowadays for our generation. And to add on to that, I think something really important to note is even if you feel like you don't necessarily meet the qualifications or the requirements that they post online, it doesn't hurt to try because there are other people out there that may go ahead and apply anyway. And they definitely may or may not be qualified for those positions. And they still get the opportunity, sometimes, to be able to receive those positions. So it never hurts just to go ahead and send in your application, go ahead and call in and be like, "Hey, I just want to make sure this wasn't like a set requirement, or is it kind of like, hey, we would prefer if you did, but it's not like a 100%."

Dr. Beal 12:22

That's true, because a lot of times people who come and intern in my office have contacted me more than once. Because when people are busy, it's not intended not to respond to calls. But if a person calls me three or four times, I'm gonna turn around and say, "Hey, let me stop what I'm doing. Let me try to investigate and tell me who she is. Or tell me who he is. Have them send the resume." Have your resume ready, you guys even if you're in high school, make sure that you have a resume ready. So when somebody says-- because you've done some things that you probably don't realize how many things you've accomplished already in your life. And once you put them on paper, you'll say "Wow, is that me?" Because you would have done so many things that you thought or you may not have thought you've done as much as the person next to you. I always say don't ever compare yourself to other people, your friends, be you and be the best you can be. And once you start looking at what you've done, you'll be surprised. You'll be surprised what you can put on paper and what people will look at. And that includes your hobbies, what you're doing in school, what organizations you're a member of. What clubs,

committees, like what you're doing right now. Fabulous things. And people will say "Wow, they're showing a lot of initiative. Let's see what happens when you give them an opportunity and give them a chance." So I think everything is worth going after. Even when you think that you don't have the right qualifications. Because if you don't have them, then you'll be able to go in and know what to work toward.

Dannie 13:48

[Absolutely, oh sorry.] Okay, one thing I like doing is looking at people's older YouTube videos, like the youtubers who have kind of made it big at this point. If you look back at their their earlier videos, like... They've kind of refined their craft over time. So everyone has to start somewhere. So my brother is really into gaming, and he has a gaming computer that he pretty much built himself, but my dad also helped him. It's funny because there's like an ongoing joke about how dad doesn't like him to play video games when he actually helped him build the computer in the first place. So like, he does support him. But what I thought was interesting was, we were like, "Why don't you livestream like, you're really funny. You're good at these games. I bet people would watch." And he's like, "I don't have the right equipment. I don't have this or that." And I'm like, "Well, if you really think about it, a lot of the people that you enjoy watching today, if you go back and look at their earlier videos, they did not have all the fancy stuff at first. Over time, they started earning by doing what they loved and they were able to upgrade and make things more appealing for people and I think everyone has to start somewhere.

Dr. Beal 14:55

Also, part of that too, Dannie, is that everybody who's accomplished something may not have accomplished something else, and may not have accomplished it on the first try. Okay? **So the ability to keep going, I think is what separates people.** Because I use that cliché. I said a few seconds ago, "Nothing beats a failure but a try." But if you, if you tell yourself ahead of time before you get started, "Well, I can't do that." I guarantee you won't, do it. Because you've already put it out in the universe. And you've already stopped yourself from actually trying. But you say, "Well, I don't know if I can do it. But I'm at least going to try and see if I can." That's a whole different mindset. And that's how, if you approach life like that, in anything that you do, because if you find very successful people, they'll tell you the failures that they've had in life, and how that motivated them to keep going.

Sedina 15:48

One thing I wanted to say was, when Dr. Beal was talking about that mindset, that's something that I definitely experienced and try to keep in mind whenever you know, difficult situations come by, just the fact that, you know, a failure is a learning opportunity. And therefore, you know, I can take that and become confident from it because I know what not to do and what to do for the next time. So like, in that sense, my future success would come after, after my confidence in whatever I'm about to do. And then also in the points that Jay was making about, you know, applying for internships and how to go and try different things. And that comes with your circumstances, and in terms of applying for things and stuff like that. I guess what I wanted to say was that you should keep that mindset that you're not the same as everyone else. And

whatever will come from what you want to pursue, just think about it in terms of what you've already done and your circumstances and how your success can come because of what you have, and you don't necessarily have to compare yourself to other people.

[weird sound]

Jay 17:08

I love that. Um, and just to rewind a little bit, I wanted to point out something that Dannie mentioned with her brother in terms of like, it's okay to just start off with your computer. You don't need all these like fancy schmancy like tools and whatnot. I think that's one of the things that I noticed that some people get stuck on in terms of like projects or ideas that they want to do on. They're like, "If I'm going to do this, I need like it to be like, fantastic. I need to do like this and all the fireworks and I'm like, I think that's great. Like if you have the resources and the like skills and techniques, like at that moment, but it's also okay, if it's not, like if you don't have those like abilities at the moment, it's okay to kind of build up on it until you're finally able to get that final product. Because otherwise, sometimes, you get into this mindset of like perfectionism, where it's like a has to be perfect. And then like, because of that, you're never going to finish it, it's never going to get out there. And then it's just going to be a project that you put in a lot of effort, a lot of energy into, that you may never see, like, out in the world. And then with Dr. Beal, you mentioned something about, like a voice or like that idea, or like the voice tells you like, "I can't, I can't I can't do this." Which kind of makes me think of imposter syndrome, that steps in a lot within these like, areas, especially for marginalized communities where, you know, they're like, I'm in this like, very, like high-intensive like, environment. And I again, like I may not see representation or diversity around me, and you start getting this voice in your head that's kind of like, "Do you really belong here? Is it really worth your time to be over here? Are you really valued here?" So I guess like kind of building up on that like, for everyone, are there any advices that you have been like, either you have gone through imposter syndrome or friends have shared experiences with imposter syndrome. They're kind of like, "No, cut that out, you're qualified. You're amazing. You're a beautiful person. You have a beautiful mind. You're able to succeed with whatever you want to do."

Dr. Beal 19:30

You're talking about affirmations, it sounds like. Does everybody know what affirmations are? You guys, do you practice it at all? Tell the truth. Okay. Not a lot because we, we kind of don't do it because it has to be a reason that we start doing affirmations. But I think if we start early and do it like everything when you go to school every day or you find something that you think is hard, or something that you're having difficulty with, if you put positive affirmations... because sometimes we're our worst enemies. Because we're such critics on ourselves; we are very critical. I'm sure each person, including you Jay. We're all critical. It's like, God, I didn't do that well enough. I didn't sound good enough, or I didn't do as well as someone else did it. And so you start telling yourself all these things, and then all of a sudden, you start to believe it, that you didn't do as well as you could have done, if it's the best that you can do. And you know that you

can do better and improve on... I think that's the most important, if you keep trying until you do the best that you can do, and that you surround yourself around positive people. That's what I'd love to make sure that everybody knows. **Because if people aren't positive within your inner circle, and they have negative thoughts, they will bring you down.** It's harder to bring somebody up and pull people up. And it's very easy to bring people down. So therefore, if you have a bunch of naysayers that say, "Oh, I wouldn't do that," or, "Why are you part of that? That doesn't make sense." Then you start saying, "Maybe it doesn't make sense. Maybe they are right." So they change your mind around, as opposed to saying "Girl, go for it, do it, you guys can do it. Try it, at least try it!" You know. So if you have somebody that's like your parents, or someone that's pushing you along to tell you to do certain things, go with that group of people, you know, maybe it may not be five or ten people. But if you have three or four, maybe it's one or two people that you guys support each other, and therefore they uplift you. And being around that positive energy helps everybody to succeed. So not only are they helping you, but you're helping them. So that's the most important thing, I think, is to have positive people surrounded by you, to do affirmations. And it's gonna be one or two things, "I can do it. This math is not that hard. It's hard, but I guess I can do it. I'm going to try my best and put a little bit more time into it. I'm going to study an extra thirty minutes. Okay, so I'm trying and trying and I can't do it." So you've got to get a tutor and get help. Okay, doesn't mean that you are able to do everything by yourself, you ask people, study groups, there's a lot of things that you can do to help improve. It's a lot of self-esteem, too. That's all a part of trying to make sure that you feel a certain way about yourself. Because once again, if the negative thoughts come in, they'll destroy everything about what you're trying to accomplish.

Dannie 22:23

That makes a lot of sense. I remember, Dr. Beal, something you said during our pre-chat, how you don't tend to compare yourself to other people. Because if you're looking to the left or to the right, you're not looking ahead, you're already off-course. I think that's so powerful, how you consider that already being off-course because it's kind of true. So like, affirming yourself and focusing more on yourself and your goals and where you're headed and seeing like if the people that you like hang out with are in alignment with that and they're supporting you and you're supporting them like, that kind of helps you stay on the right track. And then I saw this cool picture. Um, I guess it was like five affirmations or like a different form of an affirmation for me. It really reset my whole mood because I've tried affirmations in the past. And I would like say all these nice things. And then I was like, "Why is it not working?" So, these I actually really like. So the first one is one thing that you're looking forward to that day. And then the second one is one thing you're proud of from yesterday or the past week. And then the third one was five people you're grateful for, one thing you like about the way that you look, and five deep breaths. And by the end of those deep breaths, I'm just like, feeling a lot better. I'm feeling like I can tackle the day like I can, like even if I woke up feeling a little bit stressed or not as good like that kind of helps me set my mood and it brings some positive things to the front of my mind. So one of my friends actually posted it on Instagram. I love all the positive affirmation things that she posts

Dr. Beal 23:58

Every morning, I wake up and I just got to figure out how I can put something out in the universe that may be able to help somebody. And I've actually had more time since COVID-19, to be able to put positive things out there. And I've watched people, you know, like, and, you know, "This is exactly what I needed today." And somebody may send me a prayer. And I read it, I was like, "Wow, this is exactly what I needed today, in order to be able to do what I'm going out to do." What you've actually talked about, though, Dannie is what we call gratitude. On the therapy side, we do gratitude journals, I have people write down on a daily basis what they're grateful for, because that helps in what you've done. You put it in perspective, as far as the things that you're grateful for, and then you realize it's really not that bad. You know, the sun's gonna come out tomorrow and the sun is shining on me today. So I have to be, I can be grateful for those things. And then you can say I'm pretty too and you can say, I like myself this, I like myself that. You know, often, I start off when I'm first meeting people, "Tell me, if you could change three things about yourself, what would you do? What would you change?" Most people tend to say something maybe physical versus... Listen, listen, those three things and let's turn them around. What makes you unique uniquely you? Because if the thing that you say that you want to change about yourself, makes it who you are, you understand what I'm saying, we're not gonna all look alike. We're not gonna be tall, we're not gonna be small. We're not gonna be you know, all the things that people think that are, I guess, pretty, or whatever quality we're looking for. Being you, I think it's the best, the best gift that you can give yourself. And the best thing that you can affirm and the best thing that you can be proud of. For example, and, I'm just gonna share this with you, Jay. I wanted to be tall. I wish I was at least five, eight. Okay, so I stand in a room with all of my friends and they're all taller than me. So guess what, I wear heels all the time. So I'm five, eight, because I did that. But when you come down, I'm who I am whether I'm five, eight, or whether I'm five, three. Okay, now I'm really five feet three tall. So I'm really almost short. Okay, but I had this thing about only tall people get respect in a room. So I really studied people and say, okay, so heels make it, and I'm happy with it. So find a way to adjust, but don't try to change who you are for somebody else. And don't try to change who you are by looking at other people and thinking that's a positive thing, especially when you look at different groups in school.

Jay 26:29

I really love that exercise, because I was just starting to think, "What are three things that I would do to change about myself or things that I don't necessarily like about myself?" And as I'm thinking about them, and like an extension, it's kind of like, I'm wanting to conform to what is perceived as the norm of like, certain aspects in society, like, physical beauty or intelligence, etc. And I'm kind of like, why would I want to be like other people when I can just be me? Happy with all my uniqueness and Jay-ness.

Dr. Beal 27:10

See, God didn't make any mistakes in who we are. Man kind of like, you know, came up with plastic surgeons and all the other things that change people. But the characteristics and the qualities that you have are yours, and embrace them to the utmost. I mean literally, if you were like everybody else in the world, then you wouldn't be unique. So no one has the exact same

genetic makeup other than identical twins, but even their personalities are different.

If you come from a line of achievers, if you come from a line of people who are the first, if you come from a line where you'll be the first person graduating or things of that nature, embrace the fact that you're willing to have that support. If you're smart, stop hiding the fact that you're smart. Okay, smart people. I've seen kids where they dumb down in order to be accepted by their peers, because they don't want people to think that they're going to be nerds, literally, really, I say, guess, certain nerds, I think they're billionaires right now. People who people didn't think that were, you know, that popular in high school or something, and all of a sudden you see them twenty years later, and they're very, very successful. So don't not do what makes you you.

Dannie 28:40

Okay. That makes a lot of sense. I think it's interesting like just focusing on yourself and like affirming yourself and doing, like, working on yourself for the right reasons. I remember mood boards were really popular at one point and my mom would go to events or not mood boards like go go boards or vision boards, vision boards. Yeah, okay, it's good that I can see you guys because it can help me think about it. Anyway, so my mom would go to these gatherings with her friends, where they would like cut pictures out of magazines and paste them onto these boards, and anything that they wanted. So if they wanted like fitness, or success or like, basically a lot of like superficial things also. Which is not my mom at all. I wouldn't really classify her as a superficial person, because she has a lot of things that are important to her that will always be important to her with like family, and like being active in her community and things like that. She's just not a very superficial person. So I thought it was really interesting when she did these and she brought them home, and it would stand up on the piano stand and we would look at that and be like, huh, I wonder what that's about. And it's a really fun like activity. But at the same time, I think probably later they realized those could even be damaging, because say you have like pictures of like models bodies or things that just are you're just like comparing yourself to other people and like other lives and situations. Or even just to edited images and things that aren't even real, like, they may be real, but in magazines, more than likely, they're not real. So like, that's like almost trying to motivate yourself with the wrong things. And it's not really going to be fulfilling as much like when you do achieve, like, I guess what I like to do is like, when I was in high school, I was like, "I want to be faster," like, and then one time I made like a vision board where I put like, some athletes and like some times and pictures and stuff, and I was like, I want to do all these things. And it didn't really motivate me as much because it wasn't, I didn't really connect to it. But then when I started running a lot for myself, and I was like, this makes me feel really good when I like run all the time. And then I kept going with it. I started tracking my progress. And sometimes I do stress myself out, which I'm trying to work on, and like finding other ways to make the practice fun and not to like result-oriented, but just the fact that it's for me-- or with the team like you can be running so your team can do well that's also something that you can control and that you can work on. And if you're comparing yourself to someone else, like you'll never be them, and they will never be you. So it's almost like there's not really going you're not going to be too fulfilled from that. So I think I'm doing things for the right reasons and slow progress is still progress. So like every week, like even if you got a little

bit faster, like that's like, that could be a huge PR personal record or like a milestone for you that you should celebrate because your hard work resulted in that. That's, that's what I've been doing.

Dr. Beal 31:29

I think vision boards were really another way that people created in order to set goals. They want to be able to make--- by visually seeing, and a lot of times people are visual people. So that's when they would cut the pictures out and said okay, "I want to run." I want to have this kind of, I want to finish school, you know, they would put the picture up there. By having it on the board, it would allow them to be able to see it every day. So train the mind that this is where I'm going and this is what I want to do and you can either do it in that form or fashion, or you can do it by just writing your goals down on paper. A lot of my patients, that's part of my therapy techniques, I need you to come with your three goals, short term goals and long term goals. And what I mean by short term, things that you can achieve in a short time period, you tell me and then long term goal we sit down and we talk about how can you reach that goal, because it may be easier for a person on the outside that's telling you "Okay, you need to this, this, this and this," then having to figure out and give me ideas, to be able to reach those goals. I think that you should always have goals. Even when you accomplish something, "What do I want to do next? How do I want to give to other people? How do I want to be a better person?" Because every day that you wake up in order to be the better person, the best person that you can be on that particular day.

So, Jay, do you set goals?

Jay 32:52

Yeah, one of the things that I love doing is writing top three goals that I want to accomplish within the next year. I put it in a little envelope and I like hide it and stock it away. And then I set a reminder on my calendar. When that day comes, I look in my envelope and I look at, okay, I got one and three down, maybe not two. But in place of two, I did this, this and this this year, which is a lot better than what I wrote down for number two, which could be like, I don't know, I can't even think off the top of my head, but it'll be just something random where I'm like, "No, way, like, in retrospect, it wasn't that important for my development or my desires for like what I want to achieve, like for the future."

Dr. Beal 33:37

Goal setting, very important as well. Affirmations are very important, I think. Dream big, don't dream small. Dream big, bigger than you could actually think of, you know, think about something that you really want to do and don't make it where it's limiting or you're limiting yourself. If you want to go to a certain institution, apply to that institution. Want to have a certain internship? Like we said earlier, apply to an internship. Once again, if nothing else I leave today, "Nothing beats a failure but a try." So we have to always try. So what about goals? Set goals or not? Sedina?

Sedina 34:18

I do set goals. I set them every semester or so. So I'm a big fan of New Years resolutions and keeping them. Every once in a while I'll go back and I'll look and I'll see okay, what have I done? What am I still doing? What can I look back and see that "Oh, that wasn't really something that was very necessary." And one thing that my sister and I want to do is make a sort of summer contract. So goals that we want to set for the summer and like what we want to do, and just, you know, sign off and say, "Okay, we're going to do this together and then by the end of the summer, We're gonna look back and see." And then I don't know, we'll come up with something if we break it. And, you know, but that's definitely something that I like to do, setting goals for just every aspect of my life.

dannie 35:18

I would also like to point out this really awesome resource called WOOP or WOOP. It's called WOOP, actually. It's W O O P, and it stands for wish, outcome, obstacle and plan. So you can also find it at [woopsmylife.org](http://woopsmylife.org) So I forget the name of the researcher. But she found out that this is a really helpful goal-setting technique. So people end up following through, or often when they think I guess through the four components of like a really solid goal and then achievable goals, like the wish, and the outcome is the best possible outcome that you can imagine and you spend some time visualizing that and then you spend some time visualizing the main obstacle that you know is just gonna like you're gonna come across it, and it could get in your way and then you think of a plan. So like if slash-when-when I encounter this obstacle, I will do this and you give yourself an actionable item to help you overcome that obstacle. She also found that switching the O's didn't work. So when they had people with like, think about the obstacle before thinking about the outcome, they actually weren't as likely to achieve their goals because they probably thought about how the obstacle is really hard. And that was like the first thing in their mind versus the outcome being the first thing in their mind, just like their goal. So I've used that. I've recommended it to friends, and it actually helped one of my friends get his sleep schedule on track. And I've used it for certain things and it helps me kind of stay focused. And so you can do it for a day. You can do it for a month on the website, but you can really do it for any amount of time that you want.

Jay 37:11

So, unfortunately, like, you know, there's kind of like an opposite to like success. In that I'm not going to say failure because I think that people tend to get caught up on failure and what that means to them. So like, kind of what Dannie was saying, like obstacles or bumps, during your plans or your goals that you like, map out. So what are some tips or what are things that y'all do when you guys kind of meet those obstacles or have those little bumps that come along with whatever you guys are trying to achieve?

Sedina 37:51

I know that I definitely try to find, you know, a way to overcome them. Like even if it's something that's completely, you know, outrageous, or it's not gonna work or it's like, why would you try that this obstacle is obviously so this or that, you know, it's like, I'll try everything to continue to,

you know, work towards what I'm working towards, or I'll get the obstacle and kind of like, what it's saying about what I want to do and see if I need to, like, tweak my path a little bit to, like, get to the same outcome. You know, I don't really let it remain an obstacle. So like, I turn it into something else.

Dannie 38:38

Um, so one thing that I've been doing is So, okay, for WOOP, one thing I did was to stop like fidgeting and picking at my finger. So I tell myself, okay, I'm going to take three deep breaths. So that's my plan. If I feel the impulse or the urge to pick at my finger, I'll take three deep breaths. And after that, I feel a lot calmer; I don't feel the need to pick anymore. And so hopefully after doing this many times, I'll just get into the habit of just breathing and being more conscious of my breath.

Dr. Beal 39:21

I think that sometimes people have the fear of success. And right when they're on the verge of actually accomplishing certain things, they stop.

Jay, you're shaking your head, like, you understand. And so therefore, they put themselves and it becomes a habit more so, and a part of who they are. Every time they think they're going to be successful at something... You may say, "Well, how could somebody have a fear of success?" Because of the fact that if they're successful, and they don't know what to do with it, or they think that they don't deserve it, or they think that they can't achieve it. **And if you're able to do it, you do deserve it and you can achieve it and all things are possible. And so the world becomes yours.** If you're creating or you feel anxiety as you are approaching different things, or as you're trying something new for the first time, and it creates anxiety. You're correct, Dannie, I love the fact that you stop and you breathe. I tell people to count back, if you start counting backwards. If you start from like maybe 25 and you try to get to the number one, it's going to require your brain to refocus as you're going down to make sure that you don't make any mistakes. So therefore, you're resetting your thoughts and then resetting the anxiety that you're experiencing. Breathing exercises, if you breathe in and breathe out. Mindfulness is another thing that we practice with being in a certain mindset as you're trying to do certain things. In addition to probably listening to music a lot of times to calm down, there's several apps that I recommend. There's one that's on my phone, and I picked it up a second ago and it's called WAVE. And I have people that are really anxious. Excuse me, no, you have WAVE . It's wave sounds. And you can just find something when you just need to relax. And after you relax, and you go forward and you make it happen for yourself. It's kind of like making sure that you do something and you do something that you want to do. So don't stop yourself from doing it.

Jay 41:48

When I encounter obstacles, I love going the route of like my support system and I love getting my friends to like... We're all each other's like cheerleaders, right? In terms of, what we want to do, we're always trying to push each other. And so like when I like kind of have those bumps and I'm just like and there are times when some of my like coping techniques don't unfortunately

help at the time, and like I need someone to talk to and go back and forth with, and that's been some of my friends really helped me out. They let me go through my blurb when I'm like I did this, this this and I can't believe I messed up on that, like that person's probably thinking I'm a complete like ding-dong. And like, I'm unable to do X, Y and Z. They let it all-- they let me take it all out. And then they're like "Pause," and then they go through bits and pieces of what I said and they're like, "Why do you think this? Why is that an issue?" And that's kind of like what we do back and forth with each other. We take our little rants and our insecurities when we go at it. And we kind of reframe it, the little bits and pieces of it. We're like, "Okay, like you're saying this but here are the other bits and pieces that could come into play, or you can reframe and think of going like this route if that doesn't work out," and etc, etc. And I found that that's been especially helpful when I get caught up in my head and it's just too much for me to necessarily be able to get into that space for meditation and deep breathing. It helps just to rant.

Dannie 43:32

That sounds like a really positive group of friends. Like you're helping to build each other up.

Jay 43:37

Well, it took me a while, Dannie.

Kind of like bouncing off of what Dr. Beal said about surrounding yourself with a lot of positive people. It took me a really long time to find a really good close-knit group of friends due to a variety of reasons, right? Like, I don't know if this gets talked about a lot, but I was going through a couple of toxic relationships in undergraduate, not like intimate relationships, but like platonic relationships where there would be instances where they're kind of like boosting you up. And then the next second you like, turn your back, they like kind of, like bring you down. So it's kind of like too much up and down roller coasters. And for someone who came from a relatively small school, like high school, and then to like a big college, it's kind of like, I already made just friends, like this is the friends that I have to stick with. Because otherwise I may not have any friends in college, and I'm going to be alone. So like, I kind of unfortunately got into this mentality of, "This will be my friend group for the next like, four years." And that didn't really help. So I had to eventually take a step back and I'm like, "They're doing more harm than good." And that's how I ended up finding more of my positive friends. It's cliché, but you'll know who your real friends are, when you get into undergraduate and beyond.

Dr. Beal 45:10

It's like a lifelong process. Luckily though, I was able to find my best friends in college. And it's been many, many years and all of the people who were my friends in college, some went to a different university or were in my sorority have been my friends, and we'll be friends until we're little old ladies. We know that those relationships and those are the people that were supportive, and we're supportive of each other and all of us are around the country, but when something happens that's important, we are on it. We will stop whatever we're doing; we will call. Those are the people that you want. You don't have to have a lot of friends, but you have to have some good friends and I tell my daughter that all the time. And listen to your parents, sometimes,

ladies and gentlemen, because they can see the friends that may not be the best friends that need to be, we may think that we can pick our friends and when we're in school and stuff, but if I remember those messages, my mom and dad used to tell me, "That that's not your friend." And I, lo and behold, they were right. I hated that they were right, and you'll hate it as well. But sometimes people from the outside can see things and how people treat you. If a person does not make you feel good, you do not need to be around that person, if that's a part of who they are, when they're with you. If they need to make you feel down in order to make themselves feel better, not the kind of relationship you want to be in. Whether it's a friendship or whether it's a relationship with somebody. You need to be and surround yourself, and this is for anybody who's watching, around people that make you feel good, and you feel good and you don't need them to make you feel good. Because if you are that needy on them, then that's not going to be a healthy relationship as well. Everybody brings things together that contribute to a relationship to make the relationship a good relationship. So you know, therefore, and it's okay to not be friends with people. You may have a roommate in college for the first time and all of a sudden you realize you guys don't get along. You know, don't go... And it's okay. Because they'll find another group of friends and you'll find another group of friends. So, and then once you have that group, they'll be supportive if you run for student council, or if you do something with different organizations. They may have different majors than you have, but find people that are supportive of you and help lift you up. That person walks away every time and you feel like, "Ooh, why do I feel so down when she comes in?" or "Why do they suck up all the air in the room?" Then those are probably not friendships and relationships that you want to be a part of.

### **[Rose-Bud-Thorn Song]**

Dannie 48:24

I'll start, so let's see so rose, something that was awesome was yesterday, we celebrated my cousin's college graduation. But it was awesome that we all came together as a family. And we each got to say something and then we have a call at seven, I guess this can be my bud, for five of my cousins or something graduating from high school, college, all different places, but we're kind of combining it into one call like the descendants of Ruth Greene and the Greene family. So we're tracing it back to a common ancestor. And so my aunt actually organized this which is really cool. And this is a big milestone for them. So even though they're not going to be able to be celebrated on a field or something like that, we're definitely acknowledging them and the institutions that have put a lot of effort into making sure that they feel acknowledged, too, so I've been happy about that. And then a thorn, I guess I said the thorn, it's not like a traditional kind of graduation thing, but it's for my brother too, who's graduating from high school this year. My mom got him a poster. His face is like a four-by-six foot thing. It's huge. Or not that big, but it's hanging on our ping pong table now. Maybe she can send you a picture of it, Auntie Janice, because it is so funny. She thinks that she kind of lost her mind because of this whole situation. It's inside I don't think it's gonna end up on the front door as she originally intended but it's really nice to see and it makes me laugh. So I like that.

So my rose this week, it's kind of small. But my cat, due to the quarantine, has been super

cuddly, and it's super adorable because he'll literally follow me between rooms like I'll go sit in one room.

Dannie 50:14

That's so cute!

Jay 50:15

Be there for 10 minutes and he'll follow me and start sitting next to me. I get up the next minute, go to the next room. He starts following me, too. And I'm like, oh, who needs a dog when you have a cat?

dannie 50:27

Yeah, it sounds like your cat loves you.

Jay 50:31

Or he thinks I have treats for him all days.

Dannie 50:34

Oh, really? Probably.

Jay 50:38

A bud is I have a couple of scheduled calls with some friends that I haven't seen in a while or heard from due to like, life. So it's gonna be really exciting just to catch up and kind of see how they're dealing with everything and just like future plans that they may have, and just chit chat. And then a thorn would be overstimulation, I guess with the current news feed, and then having to take the time to have these conversations with my parents with my very limited language translation skills and kind of explaining the circumstances to them properly. That's been very draining but very necessary. It's a little tough, so I'm just going to leave that as a thorn.

Sedina 51:55

So for me, a rose has been that I finally got an A in my physics class, which I've been struggling with all year. So I was just really happy about that. Um, a bud-- my 16th birthday is coming up. So that's exciting. And then a thorn, and this is a little superficial, but just the fact that, you know, my birthday is going to be in quarantine, and I won't be able to celebrate with all my friends, but I have my family and I'm grateful for that.

Dr. Beal 52:30

My rose would be the fact that I have started a new contract this week. And it's amazing because we will be providing services to the school district, and anyone can call into our hotline. We have started a COVID hotline for parents, teens, teachers, counselors, and anybody that wants to call in from the school district. It's the seventh largest school district in the country. Call in and talk to someone. So I think that's pretty amazing that we were able to get that accomplished and get that off the ground. And it's free. So any service that people want to talk

about, I know a lot of people are suffering during this COVID-19. So some of the skills and some of the things that I've shared with you today, and resources is what we'll be providing for people. So that's amazing. I'm so excited. I just love what I do. And I just think that to be able to offer to people. It's gonna make me cry, because it's kind of like we worked on it really hard to make it be a reality. Let's see my thorn this week is I'm not getting enough sleep as a result of it because it's 24 hours. So I am up

Jay 55:07

That's great. And thank you, everyone, for sharing. Thank you everyone and have a great day.

**[Outro]**