

Taylor Waits

Question 1: Tell us your name and a little bit about yourself.

Taylor: I am Taylor Waits and I am a junior here at UTSA.

Question 2: How do you define resilience?

Taylor: To never giving up, but resilience is knowing that you're going to get through it and have that understanding that anything that happens to me only happens to me for that moment. I can't let it continue and make me as a person; but what I can do is leave that situation, learn what I was supposed to learn from it, and move forward. Because there is going to be a bunch of stuff in life that you're not going to agree with or not going to like and being resilient is going to get you to the end make sure you live a happy life, and not just always stressed all the time.

Question 3: Describe a challenging issue and how you handled it.

Taylor: Running for Ms. UTSA, running my organizations, work, family life, finances, it kind of all just came to a head. So that one test, that quiz, that thing that you bombed, that organization you didn't get into, that doesn't define who you are, that doesn't define your intelligence, that doesn't define your personality, that's just a moment in your life and you're going to move on from that and you're going to learn your lesson, and you're going to come out better, hopefully, better than before.

Question 4: What specific skills did you use to manage this challenge?

Taylor: Number one, getting the courage to ask for help. It is very hard, and it is very scary because you always feel like you don't want to burden someone else with your problems. I needed to realize was that asking for help should not be a burden to someone who cares about you. You should never feel scared to ask anyone for help. And another skill that I learned was once again having a really good support system. Just finding people that I could trust and finding people that I know will give me the confidence and the energy I need to get through that next step.

Question 5: Looking back what have you have done differently?

Taylor: I would have asked for help sooner. I like to stay positive because I don't want anyone else's day to be dimmed because I walk in with a bad attitude, or because I'm upset over something. I was more worried about well do people think I'm okay and not are you actually okay. The best part of it was that it was a learning experience, and I feel like I know myself more, I know my support system more, I know more about myself and what I want to do with my life because I went through such a hard time. Things that happen to me, once again, they're only for a season, they not going to last forever, and so I need those things to happen so that I can come in on the other side a better person