

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

Allison: I'm Allison Mguire, I'm a Medical Humanities major and a senior at UTSA.

Question 2: How do you define resilience?

Allison: I define resilience as overcoming your problems but also learning from them making proactive changes to your life to help you with your future problems.

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

Allison: When I first came to college I felt very academically inadequate and I just didn't feel like I was as smart as everyone else in my classes or maybe thought.

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

Allison: I socialized in my classes and I made friends and joined study groups, and went to the TRC and got help with academic coaching and learned how to properly study, found out what worked and what didn't for me.

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

Allison: I definitely would've socialized and reached out to my peers a lot earlier just because I wasn't "as smart as them" didn't mean I couldn't learn from them so definitely reaching out and socializing with your classmates.