

## Alwin Mathew – The Resilience Project

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

Alwin: My name is Alwin Mathew. I'm a recent graduate from UTSA, graduated in May 2017, and I am currently pursuing my master's in public health with the health science center in Houston.

Question 2: How do you define resilience?

Alwin: It was a whole new experience for me. I moved from another country, so everything around me was a new experience and it kind of was intimidating. I locked myself away, was intimidated at talking to people- talking with people. It was really nerve-wracking. I got over it by just putting myself out there. I realized that I wasn't happy. I wasn't the way I was before. So I decided to just put myself out there. And that's what I've been doing ever since.

Question 3: What specific skills did you use to manage this challenge?

Alwin: I think I had to be honest with myself. That was the biggest thing for me. It was definitely difficult making that decision, but I had to be honest with myself and know that I wasn't happy where I was and I wanted to make a difference in my life.

Question 4: Looking back what have you have done differently?

Alwin: Nothing. I think everything happens for a reason. I think all the experiences I've gone through has gotten me here today and I need that 'cause I feel like I'm the happiest I've ever been. So I wouldn't change anything.