

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

Biran: My name is Biran Jallow, and I am a junior here currently at the University of Texas at San Antonio.

Question 2: How do you define resilience?

Biran: For me resilience is the ability to get back up after things aren't going your way or a certain adversity comes in your life, and you being able to recognize why certain things may have happened the way they did and understanding what you can take away from it in terms of benefits, in terms of negatives, in terms of everything.

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

Biran: Recently I started having more depressive episodes. I've went through a lot of transitions and changes in my college career. One took a turn for the worst, and the really difficult part about that; really understanding it mainly is why it happened, but at the same time I'm able to grow and able to learn from that experience. And I'm going to use that to better myself and try to better the people around me. I figured out I have social anxiety and being able to adjust from a really smaller high school setting to a large university setting was really...really difficult first because I didn't know how to communicate that effectively, but with the help of counseling services and various departments at the university I was able to better understand it. I come back each semester and get one step closer to graduation is a really big point for me as well as getting the help I needed.

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

Biran: Mainly patience because it's going to take time for things to adjust. You can't really speed up time. As well as having the confidence within myself, and certain debarments within the university such as counseling services that have given me the tools necessary. Time heals all but at the same time you can't rush it either, so you have to take things slow and take it day by day.

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

Biran: I would have gotten help a lot sooner. I wouldn't have tried to keep it up inside me. As well as I would have tried to connect with peers around me so that I can understand that I'm not going alone through my situation. There's people that are going through similar situations within our community.