

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

Felicia: Hi my name is Felicia Rutland and I am a freshman here at UTSA.

Question 2: How do you define resilience?

Resilience is just being able to adjust or overcome a hardship that you go through in life.

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

Felicia: When I turned 14 I was diagnosed with a rare form of cancer called Mesenchymal sarcoma. It was really common in people over 55, and it was just hard for me to understand how me, as a 14-year-old happen to get that, and it didn't even run in my family. I instantly took that as a death sentence. I mean I was devastated from it. The only things that even helped me get through it were prayer and the support of my family.

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

Felicia: To manage it just taking everything one day at a time. I'm not overthinking it, and my biggest thing is just keeping my faith, and prayer.

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

Felicia: Looking back I honestly wish that I understood more about everything I was going through. I just wish I didn't take it as such a death sentence and that I turned it into a more positive experience and used it to help other individuals.