

Keyword: Challenging Experiences

Interviewee information:

- Name/nickname: Sthefany
- School year: 2021
- Major: International Studies
- Hometown: Houston, TX
- Family's country of origin: El Salvador

Transcript (copy segment transcript here):

[16:33-18:57]

[00:16:33] So tell me your toughest moment.

[00:16:42] I think the first time I failed a class, I. Like, haven't really talked about it too much. But I think that like the first time failing a class, it was really hard. I had a lot of stuff happening back home and like it is getting harder. And then like, I didn't really get along with like sort of the group that I've been assigned to in that class. It is a very group reliant class. And I remember like I just couldn't really find my footing in that class.

[00:17:13] So I don't know. I think I just started avoiding it. And instead of reaching out to my professor, it was our freshman year. I did feel comfortable doing that yet. So I ended up like failing the class and feeling awful for like it was like a downward spiral for like probably another semester. I just felt awful about failing that one class, which sounds like like I definitely have rougher moments, but that's only the one that I can like point out and be like that made me feel very bad and I felt like I was going to do like my siblings for sure, like it was that anxiety, like right in my throat.

[00:17:46] Whenever I failed it and it's been pretty hard and doing that climb up since then, but it's been going OK

[00:17:54] So long way from the roughest moment where I cried for like a month straight because I felt so bad.

[00:17:57] So how have you been able to get to that climb up?

[00:18:03] I think coming up from that has been mostly revolving around sort of finding good support systems for sure and also feeling comfortable talking to people. Like I said, the stuff going on at home wasn't going to change, you know, like it wasn't probably going to get better anytime soon. But like, I could do what I can to sort of separate myself from that situation, at least like while I'm in classes and not torture myself about it. And so the only way to do that, though, is by letting some steam off with my friends and talking to them and letting my professors know I might miss a day or it

might miss an assignment because, like, I had to take care of things back home. So going back and forth is gonna be really hard.

[00:18:47] And just being open about it has been easily the biggest benefit, like the biggest way to leverage myself into a better position.