

Alfa Kpa

Being resilient (the ability to recover quickly from difficult conditions) is a life skill that we often do not recognize. How have you been resilient in your journey as a community college student, and what does this journey look like?

With everything that has happened in the world this past year, everyone has their own unique experiences of being resilient. I believe as a community college student, we have to accept changes, failures, and difficult times more so often. They are lessons to help us become better, and not all of them are easy to face. Every once in a while, things happen that are unavoidable and out of our control. When a person is able to recognize these things as a positive impact and in turn learn how to be more successful next time, that is the true meaning of resilience.

This year has been very difficult for me as a community college student. Mostly because I lost my grandfather to Pancreatic Cancer, leading me to an emotionally and mentally unstable place. When I was six years old, my grandparents brought me to the United States, leaving my parents behind in Vietnam to take care of their land. My grandparents raised me ever since. When I lost my grandfather, there were a million things racing through my head. From working full time, attending class, completing homework assignments, studying, doing well on quizzes and tests, to traveling back and forth to see my grandfather and take him to his doctor appointments. I was overwhelmed with so much pressure and felt defeated.

Although so many things were going on, I had to make time for myself and reflect. Through this time I learned that I was afraid of failure. However, I recognized what the core problem was, and came to the realization that all of these events were unavoidable. After seeing the positive aspect, I immediately bounced back with confidence. Having friends and family you can speak with really helps put your mind and heart at ease. It's easy to stay inside a hole when you let events which are uncontrollable take over your emotions and well being. When a person uses their resilience to conquer different obstacles instead of surrendering, it is a true gift. A difficult ability to obtain, but with time, things will get better.

While life tries to defeat you, understand everything has a purpose. Practice, improve, believe and have faith in your ability to recover from tough situations. It's strange to say but expect the unexpected, because the life of a college student has many obstacles ahead. Being one step closer to success is to be prepared. Not only does this apply in college but also in life as well. The ability to be resilient is hidden, but I learned every gift will shine during dark times.