

Senior Wellness Journal 1

- Social: I am not a very social person. I don't like the idea of aimlessly chatting with someone else if I don't have to, because a lot of the "social" conversation of high schoolers seems awfully superficial: video games, TV shows, prom, etc. That means that my conversations are often limited to school, or occasionally about track and field or programming. But I very rarely engage in social activities outside of school as well (except track and field) because I spend much of my time at home studying or programming software. That being said, I am not too worried about my social skills, because I feel that I can still communicate what is important, when I need to— I just don't see the same value in being social just for the sake of being social. The only social skill I am worried about is presenting myself in a professional environment (e.g., interview, job settings) with some pride for my current achievements but also modestly and genially (see the occupational wellness field below).
- Occupational: I haven't had an official, paying job, but I have held multiple volunteer positions, including at a bakery, at the Easton Public Library, and at an elementary school in Bridgeport for the Senior Project. While I haven't really enjoyed any of these positions, I think that each of them made me uncomfortable (in a good way) simply by the virtue of forcing me to try new things. I hope that as I get more job or volunteer positions, hopefully moving toward my expected field of study in college (computer science and/or electrical engineering), these jobs will become more comfortable and more interesting to me. I think the only change I can really make right now to improve my interpersonal skills so that I will be prepared for difficult interviews and working with coworkers.
- Spiritual: I'm not religious, but I think I follow a generally agreeable set of Chinese values. Chinese culture has a strong emphasis on loyalty to the family (especially elders), as well as a hardworking modesty— I think this makes up a good part of my belief system. A strength is that I don't think I ever really clash against these values; rather, I think they are my main drivers, especially the theme of simply being hardworking and persevering when things get difficult. On long nights, on tough running races, on tight deadlines, on convoluted program flows, this ingrained value keeps me going because my beliefs tell me it is possible to do it. This probably has had the greatest impact on my schoolwork (intellectual wellness) by pushing me through my toughest courses. I don't feel much need for change— these basic values have served the Chinese people well for thousands of years.
- Intellectual: I enjoy learning. I love to call myself an intellectual, a nerd, a mathematician, a programmer. I like to think that I have an aptitude for learning, or at least having an interest in a lot of material so that I delve deep and retain a lot of that learning as a result. As a result of this, my strength is that I can handle tougher

coursework and maintain good grades, while still enjoying a lot of the process. However, I think that a difficulty that will come up in the next few years is deciding on an appropriate course load, so as to not overwhelm me intellectually. I am most likely going to major in electrical engineering, but I also love the computer science and mathematics fields, and it might be too much for me if I try to take all at once. A change I might want to undertake, then, would be to learn how to better prioritize class choices based on what I think will interest me most and what will be most beneficial to my future.

- Physical: While I don't enjoy exercising (running cross country or track), I still try to stay somewhat active and eat healthy. One strength of mine is that I do not feel much craving to regularly eat unhealthy foods, such as fast food or ice cream, because I grew up eating rice two times a day and many plain, cooked vegetables (which I enjoy). I also think that my ability to persevere while running long distance is good for my health. A weakness, however, is that a lot of my exercise is caused by peer pressure (both from my friends and from my family, almost all of whom are runners), which might disappear when I attend college. As a result, I need to find the motivation to run (or other types of exercise) on my own regularly enough to keep me fit.
- Emotional: I'm not too sure how well my emotional wellness is. I don't have emotional breakdowns, but I do get frustrated when I have to work late into the night to finish homework or something for college. Sometimes I procrastinate because of this frustration, which leads to a problem that gets worse and worse until the deadline approaches and I'm forced to cram. Luckily, I'm getting better at time management and this is becoming less of a problem. Other than that, I think a strength of mine is to stay relatively calm throughout the day, meaning that my emotions don't affect my performance negatively or distract me. I don't see too much need for change here.
- Environmental: I don't actively think about environmental wellness, so this is definitely a weak spot for me. While our family does like to conserve as much as possible (we don't use plastic water bottles, we reuse plastic bags at least once, and we often use reusable bags) and we never litter in nature, I know that our family does throw out a large volume of trash on a daily basis. Our house is large, so it uses a lot of energy (the pool consumes especially much and isn't used too often); we use fertilizers, pesticides, and herbicides on the lawn, and we use a lot of water to clean dishes. It's not ideal. Unfortunately, I do not have too much control over the family's consumer needs and cannot affect it too much, but I will try to keep waste to a minimum.