

Spring 4-8-2013

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Sustain Interview Project

██████████ (K) interviewed by ██████████ (H)

Interviewed on 4/23/13

H: Ok.

K: Mmm. Hmm.

H: That make sense?

K: Mmm. Hmm.

H: Okay—I'm here with ████████! Okay—what happened to you?

K: In sustain?

[laughing]

K: In sustain? Or life?

H: In sustain—how do you—yeah.

K: Sustain has helped me an actually a lot studyingwise, actually. One thing I noticed especially well, let's see, well, like fall quarter I noticed the most I actually like I studied more with people—I studied with people more because it actually like helped me know what was going on and how to study by myself if I actually have ter..like luckily this quarter I had good teachers but I've had bad luck with teachers... cause school sucks sometimes.

H: Okay.

K:And..and there I learned to study by myself and figure it out and also to get other resources besides the textbook and the teacher, so—other people, hippocampus is like my best friend ever, and like stuff like that, and that's helped me a lot from sustain

H: What's hippocampus?

K: Hippocampus is a..

H: Hippo? campus?

K: Yeah.

H: Ok.

K: It's a website where like—Kahn academy's on it, and stuff like that...and that's good for someone—well, as an engineer it's perfect for me—it's all science stuff usually, so it helps a lot..so if I can go in there and watch a video about blah blah blah...so that's helps

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a lot because I had a really bad chem teacher last quarter and that, I learned from that and also from others, got resources from other teachers

H: Is that a strategy you had before?

K: I had the strategy before, but I feel like it clicked with sustain

H: Okay

K: Physics, I'm just gonna say, we lived together—I lived in the library, and I still live in the library, because I notice I can study better here than at home and like that really helped like I still work like sometimes with sustain students, like I have tanner this quarter

H: Who?

K: ██████████, so

H: Fun

K: Yeah . . . And it's really nice seeing all sustain people

H: Good. Yeah. Any other take away? Like what else do you think about when you look back on that time for yourself?

K: I would actually like also different like opportunities that I had, like one thing I really notice is even though as mechanical engineering, I was on the automotive track—no change, but now esp, now I'm kinda like opening up—I still want to do automotive. Especially because I'm on the track for it, I've had I'm on my third internship with BMW, like...

H: Are you really?

K: This summer I'm going to Germany again. . . . I get to do that. I'm really excited.

H: Wow!

K: So, I'm on that track, but I don't know if I'm going to stay on that track because I might go to BMED—the bio-medical track instead. Especially after working with ILRC, actually.

H: What?

K: Independent Living Resource Center—that was my group

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H: Oh—okay.

K: That was actually really helpful too, just learning about different things too. Like now I'm in QL Plus, actually with Garrett, actually

H: Quality of Life? Is that what they call it?

K: Yeah. Quality of Life plus—same thing but except mostly more for veterans
And it was really helpful like just working with that especially now and also because our ILRC project kind of crashed and failed like it was like crashed and burned just like it didn't work out—I learned actually way more than I think anyone did who actually had a successful project, to be honest like now that I, I figured out the steps we're basically re-doing almost the same idea with QL Plus. We're re-starting the whole thing and we're all working out and then we can see where we crashed burned and then how to fix it and I thought that was actually really like yeah I was talking to ██████████ about tit this one time and like yeah all of us I learned a lot from that project even though we weren't quote unquote successfully and it was fine by me and also it was also surprising because all of us are diff—we are very strong leaders, like ██████████ ██████████ and I are very strong leaders and like I was just cur—it was interesting seeing where one part and like now, now analyzing that now and also actually helping other groups I remember one time I visited Sustain on Friday for a whatchamacallit...um

H: Checkout?

K: —thank you—that word...um. There I was we were working with a project and I was talking about like yeah—here are some steps you should do because I didn't do these steps—or 'if you don't do "this" then "this" will happen' and that has helped a lot and just kinda like see this perspective— also other projects I do now I always go back like 'okay what did I—where should I start now?' that helped a lot . . .

H: yeah . . . that's great

K: mmhmm

H: what else?

K: Um let's see—what else happened—like Sustain was just amazing also just like also good fr—a circle of people I can always trust—that was really nice, like, especially I like with um whatchamacallit . . . Music of the 60's? I have—I'm in class with ██████████, ██████████, ██████████, ██████████, ██████████ and... somebody else I don't remember—I feel like there's more probably and like just having that group again and just like being there and like also now if I have classes with Sustain students like ██████████'s in the Mechanical Engineering with me, ██████████ I have class with too just going back to that kinda like—stepping into it with them and working together—like ██████████ and I, we were doing the

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Drafting class, and there we worked together on that and ██████████ and I are also working together a lot on like QL Plus stuff together and all—especially because he made me be Treasurer for QL Plus—like “you have to be it” and

[laughing]

I’m like “Thanks, ██████████.” So... I see them like a lot and that helps a lot because like I can always go for resources, like ██████████ is—was—I’m behind a little bit in like Dynamics and Statics, like the Engineering classes cause I’m doing five years to the Psychology minor—there’s no way I’m graduating in five years—four years—with especially cause I’m studying abroad in the fall...

H: Right

K: So...

H: Are you letting yourself just...

K: I’m fine with five years—five year is—

H: —you’re just saying “I’m gonna do five years—yeah

K: That’s my plan like I’ve figured out so I can do the five years just cause I want to study abroad, I want to do my minor, like I know those two are two goals and

H: Yeah

K: I’m gonna work long enough, so..

H: You are not kidding

K: Especially with like Engineering Internships and everything I’ve already gotten kinda it all planned out

H: Yeah—

K: —So, I’m really excited

H: That sounds exciting!

K: And so yeah just having like um what was—five years—oh yeah so I’m behind there but now having like people who I can like talk to like ██████████ was about ahead and he helps me a lot and just having that connection—especially also just working with others and seeing their strengths and my strengths and just like the working together was the biggest things I learned from Sustain was to work together in groups and like I— I like—

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I have—I'm queen of like reserving collabo rooms now because I just like because I love writing down what people would say and discuss it—like first the science problems like instead of me writing it down, like everyone writing it down themselves and then doing—seeing what the answers are, we just discuss the whole thing then figure it out and that helps a lot..

H: Oh my gosh—for a science problem—is that what you said?

K: Yeah—mostly just because my biggest example was, like, Physics

H: Yeah—well, as I remember, you were the initiator of that

K: Yeah—I was—it was really helpful

H: —of the organizing everybody together

K: Mmmhmmm—yeah, no—that, yeah, that was—I did—I—also remember I was gonna try and do that this—like for Sustain this year, but I think—it also seeing juts like also—like how to transition cause last year we had pure Sustain classes and then few trickled out especially second, Spring quarter yeah like my Coms class was not only Sustain students, it was mostly Sustain classes and I think this quarter, I think this year they have mostly Sustain students in different classes

H: Right

K: And it's very different –

H: Yes—

K: —and like just seeing that transition cause like I remember us we were just like all—we were really close like I haven't seen them too much, but it seems like we were closer last year—but that's just maybe because of those classes cause we had three classes together—we saw each other's faces every day and spent so much time together, so, yeah..

H: How was it for you coming back into the traditional model—in the fall—last fall?

K: Actually, not as bad as expected. I thought it was gonna be like a really harder, way harder transition cause I'm so used to like working in other ways—but I—maybe one thing is cause I kinda got in the reset system because like Field Hockey in the fall, so I kinda had to reset my whole schedule anyway because I have practice four days—

H: —So you play Field Hockey as well?

K: —That's also how I got my injury—or helped me get my injury

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H: Oh—okay.

K: I play—I prac—I played on my injured knee/ankle

H: I got it—generally

K: Yeah—I—Except I'm usually that person who does the [whispered]

H: Okay [laughing]

K: But, um yeah so we have four days—four times a week practice—two hours, so that takes a huge chunk out of my time and then I took, I took four classes, like that's normal for me, and then on the weekends I'm also busy with field hockey usually, so I had to reschedule all my thing, but the nice thing is it made me actually be more productive in studying because like it's Sustain taught me “okay—go to the library and study”

H: Yeah

K: And I still do that—that's why—I've been at the library since 10 this morning. And I will be here until probably 10 tonight.

H: Wow

K: But—yeah—so

H: Thank god they sell food, right?

K: I know

H: You're not kidding

K: I—I have Subway in my bag—like I'm ready to go

[laughing]]

H: When you look back at that time—because I've heard other people say, you know, ‘Physics was hard and then ██████████ organized the, the group study time’—what was in your head? Like what's the quick story of that for you? Like what was your head space around it?

K: For me, I like, as you see I play Field Hockey—I do lots of team stuff. I love team work, that's one big reason I'm an Engineer because I want to work with others and then I noticed that because I remember—I remember that the first time it happened was because like we had to do a group project for Physics—it was the first homework

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assignment that we had and it was actually—finally a sad thing was actually the same time as our other ILRC meeting—that’s why that other thing didn’t happen—because Physics took over but um

H: Oh—I see—your community project, ILRC.

K: Yeah—so that was supposed to be the same meeting and it kind of failed, but then, yeah so then there—I remember we had a few of us there was—I remember with ██████████, me and I think ██████████ was it, and we were three working together and also at the same time the ILRC thing, so it was just, in the end we just weren’t—it happened to be that we all worked on it—cause we’re all—all in Physics so we all worked on the project together and that happened every single time and then just for me it also helped a lot because I actually because of my—I grew up also doing—kinda with Sustain kind of style of learning—I went to Berkeley Montessori School K through—preschool actually through 8—

H: —Oh—Okay

K: —so that was like—I grew up with that kinda style where we have our lesson plan but then most of the time—except for high sch—middle school kinda—but then up through elementary school where what you did was—you had a big chunk of time was ‘work period’ and that’s when you worked on whatever you wanted to, and then you had lesson plans for that day like if you had a half an hour of class like lesson—then you went back and you just did whatever homework you wanted to do and that’s kinda like Sustain kinda style and um so I was used to working with others and that kinda stuff

H: Right

K: And like we had to do projects and I always worked with my friends and worked on it—

H: —Yeah

K: —so, I love working with others and I actually helps me a lot because I can talk it through

H: Yeah—oh yeah

K: So then that’s why I pushed more and like ‘hey—we should do this’ and also seeing like how others were suffering a little bit—cause the thing is for me, I took Physics again already so it like—I took AP Physics—so this was kinda like review for me a bit, so 131 I guess it was, that wasn’t that bad for me but like seeing—like and also I learned more because I helped others and they helped me and I know it was a lot for like ██████████—██████████ was struggling a lot at first but then when she got better at it she really liked

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how—the dynamic, I noticed she helped a lot and like everyone else helped everyone a lot, I think

H: Mmmhhhhmm—so cool.

K: Yeah.

H: Do you think you—have you taken at all the—so I heard you say that—I mean you would call your, your Independent Learning Resource Center project a failure—did it change the way that you think about success and failure? Beyond how you look at that experience

K: Yes—and yes, I think—yes and no kind of in a way like yeah, like especially from an Engineering perspective a product is success, in a way, but also showing that a system like if it failed, it's the biggest learning opportunity ever, like I actually would like for a—actually, one random example but kinda connects to it like in Field Hockey right now we're talking about if we wanna go to Supers, which is like a big fancy—we play against like Division One teams and like against national teams and we probably will not win, but it's the biggest learning opportunity we can do –or if we could play like Women's Competitive and win and have no problem—and for me, I'd rather do the scrimmage one—like before I'd be like 'oh yeah—we're gonna do the competitive one' because..I don't like—I don't wanna lose in a way, but not after the, like, my project like, I really noticed I would go to the scrimmage one because I would learn twice as much—like I would do the like—Supers would be so much more I'd learn—I'd learn like twice as much and like yeah, we won't win, we might even lose all our games, but the learning curve is just so much bigger, and that's kinda like what our ILRC project showed me—because I remember we for, so winter quarter we basically didn't barely did anything—we got an idea done, but that's as far as we got. Spring we did push more then also the thing is just—also the resources we needed to get help—like I remember we were closer to ██████ and ██████ and like ██████ had one-on-one meetings with us and like besides the one like review thing we were doing—

H: —Yeah

K: And that did help—and just gain these resources and knowing if you're stuck, what to do now—like for example the QL Plus thing, there we were stuck, and actually ██████ came actually last time to our meeting to help us like with the design plan and like it helped me like knowing what to do—like okay go reach out for ██████—and that's why ██████ is like—cause he's actually president for it, so—

H: —Right

K: —He is the one that was like, 'we should go talk to ██████ like'—

H: —Yeah

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K: —‘let’s get these things started’ cause he knew—had the same ideas I did, so that really helps a lot

H: That’s great—that’s really good stuff. Any other thoughts on your mind about the experience or—

K: For me, I think it was one of the best experiences so far

H: —Really?

K: — just cause like it has helped a lot in—and yeah I now understand—I think at first I was like, ‘why are we doing this freshman year—it should be something more Senior year—now, after doing it freshman year, I understand why it’s only freshman year even though I really wish it was more than freshman year because I miss it a lot, but um, like why it’s freshman year, because like I have now grown and now learned how to like—I can survive in school better—also one big thing I noticed that—like that changed a lot was my tests and studying skills—I’m a terrible test-taker—period, but I remember in fall quarter my um, my finals—test grades for finals?—helped me actually for the first time

H: Hmmmmm

K: In my grade over all because like I learned how to study better because I—something—I just—I don’t know to study properly, but Sustain has helped me with that, and also like getting myself to push myself to work, like

H: Hmmmm

K: Like right now it’s not really showing, like I have no motivation cause it’s Spring and I’m going to Greece for the summer—and Germany and I’m so ready for summer, like, yeah, it’s terrible—

H: Yeah

K: —but like that really helped—was like—I noticed that the fall—that was my biggest thing I noticed—I’m like, ‘I can do this, like,—

H: —Yeah—

K: —I—like, with finals is not the scary thing that’s going to ruin my grade—

H: —Mmmmm

K: —Finals is something that I can help me, push me, and get my grade to somewhere

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H: —interesting

K: —may not be where I want it to be, but at least higher up to where I want it to be.

H: That's great. That's really good stuff. Thanks, girl

K: Definitely

H: Yeah—really good to see you, and I'm going to say to you what I keep thinking that I—it's just like a particular thing for a couple people, but you look so bright—this is the word that people, everybody looks just so grown up and beautiful and bright.

K: I can't believe it's alm—like, it's weird to think of also think of me almost as, as an alumna—like I'm—at first I was just a freshman, like last year then I'm like alumnae

H: I know—you are!

K: It's also been like a year now, it's like—

H: —I know—isn't that weird? That's really weird. That's really weird

K: Feels so long ago, like especially being back in Sustain...