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Sustain Interview Project

██████████ (C) interviewed by ██████████ (G)

Interviewed on 5/2/13

G: So I'm here with ██████████. So the way it works is, so I'm just going to ask you some open ended questions and you just talk and then I'm going to listen to what you might be saying and help you say more about it. You know, it's very Sustain-esque. There's no list of 32 questions that we're getting through. And the big picture question is really, what happened to you? You know, by being in Sustain, and since being in Sustain and all of it. Any reflections you have. You can even start with what are you doing now? You started to tell me about being involved with Pulse. Tell me about that to start.

C: Yes. Um--

G: You've got to repeat everything you just said really fast when I was getting set up.

C: Ok. I definitely think that Sustain helped with Pulse. ██████████ was my, um, reference so she really helped me with that which was amazing. And then, well Pulse is like a peer-educating thing where you talk about everything, classes, teachers can request to have a presentation like all the presentations--

G: Ok.

C: There's like a booth at Open House which is actually really cool, I'm really excited about it.

G: Yeah! And you said it's through the counseling center.

C: Though the counseling center.

G: Ok.

C: I believe it is. It's a part of the counseling center but it's really cool because it's perfect because it's what I want to do with my life.

G: Which is what?

C: Which is be a counselor.

G: Oh, ok.

C: So it's perfect. But I definitely think that Sustain was huge because it definitely gave me the ability to be confident when I'm talking in front of people. I think that being able to put words to what I'm thinking, if that makes sense?

G: Sure.

C: Was definitely developed more through Sustain and I definitely think the camaraderie with Sustain was really big. Because I feel like these are friendships you're going to have

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for the rest of your life. And I think that the fact that we were able to make it our own and really develop our ideas and thoughts and be able to just go where we want to go. I think that's a huge thing and has helped me with all my classes. I think just being able to think for myself was something that I definitely developed being a part of Sustain. I think for me, like right now, I'm not the most active with Sustain which I feel so, like I regret so much because every single time I get emails like I just want to go but I feel like I've never been able to go. But I think that Sustain was the most amazing stepping stone I could have ever asked for--

G: Wow.

C: And I think it probably was one of the best decisions I've made to like apply and be apart of. I think that's really cool.

G: That's really neat.

C: (Laughs) Sustain!

G: Sustain! What was it like for you leaving Sustain and starting up your classes in the Fall? What was that transition like?

C: Um, I think that I think it could have been really difficult because you actually it's just a completely different style of learning and teaching but I think that you really just have to incorporate both and just like find ways to integrate Sustain in your normal classes. I think that um, let me see, it's weird because I haven't been in Sustain for so long I feel like my brain has almost transitioned back.

G: Yeah. I've heard that from a number of people actually. Yeah.

C: Ok, that makes me feel a little better.

G: Oh, no, absolutely.

C: But I think that like um, well, my first fall quarter here I was freaking out because my first class was really heavily weighted with participation. And I'm not someone who talks in class at all. I just cannot do it. Like my first time ever going to an office hour was last quarter I think. So it definitely took a lot of developing for me for that. But I think that it was really cool for me because all the professors and all you guys are so approachable in Sustain. So that helped me be like, oh, they're just people. I can go talk to them if they're free to help, they're here to help you. But I think with the work load it's hard. Because you have tests and midterms and papers that you have to write. And it's not just like you figuring it out how to do it it's more like your teachers telling you how to do it. So, I almost feel like Sustain over prepares you and then you go back into your classes and you're like, oh, there's a step by step process now and it's like, oh, this is weird I could almost do this on my own. It's almost like you've graduated and now you're

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back.

G: Yeah. Interesting. Um, what was the hardest thing about being involved in it for you?

C: Involved in Sustain?

G: Yeah. The biggest challenge. Not hard necessarily, like, oh I'm in pain! Just like a stretch.

C: I think working, it was hard for us because our team and our group, we would split up and I think initially we were like, oh, we're always going to keep in contact and somehow integrate our two projects but we ended up branching off and being so different. And I definitely think that they were closer as a group and we were more, all of us were on the shyer side. And we were working with ██████████, which is like I feel like his personality is hard sometimes to mesh with. But I think that really helped because we were able to see everyone's different perspectives and we were all equally a part of the project and I think that, like in other classes we do group projects there's always like one person who's like the dominant person to always do the work. And I feel like in our group it was really important for us to be like ok, we're going to equally participate in this like we're all going to get something out of this. And I think that's a whole different mentality that we kind of had to work through--

G: Yeah. Who was on that team?

C: It was me, ██████████, ██████████ and ██████████.

G: Ok.

C: So, our, ██████████ was like super quiet. So he was like always there to like help everyone which was really cool. And then like ██████████ and I got a long and I don't know, ██████████ was there which was really good. I think eventually we all worked really well together. But I think it took us a little bit to mesh.

G: How do you think you decided to all give, because I'm hearing what you said, the traditional model on a group project is somebody takes the lead and does it and everyone else kind of follows along.

C: Yes.

G: So you set out to do it a different way. How did you decide to do that? Did somebody tell you? I don't really know because I wasn't involved in those--

C: I think--

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G: Project management, how did you come to that? I said how did you come to that decision to do it differently?

C: Um, I think it just kind of happened. We were all in different classes and the different classes integrated itself into the project somehow and I think all of us just had different things to contribute and somehow we all came together all of us having a new way of taking the project I guess.

G: Yeah.

C: It was really cool.

G: That's cool.

C: I liked how it came together.

G: Yeah. What friendships have you held onto?

C: Um, lets see.

G: Or, have you?

C: I definitely don't talk to a lot of people from Sustain but I see ██████████ a lot because he's in my building. Well, he gets close to me, sometimes I see him walking--

G: He hangs out in your building. (both laugh)

C: Yes, he does. Um, let's see. I talked to ██████████ for a little bit and then like we don't talk anymore which is sad. And then I see, oh, my friend ██████████, he was my co for WOW. He is now on the track team and then ██████████ is on the track team so they became friends. So it's kind of like a small group thing--

G: Yeah, yeah, yeah. Fun.

C: Um, who else? I just see a lot of people like passing by and I'll say, Hey! How are you doing, and stuff like that. I haven't really spent a lot of one on one time.

G: Yeah. How did you find Pulse, this thing you're involved with now?

C: Um, ok. So for the, I don't know if other departments do this but every Monday we get like a Monday mailing so the--

G: Is it psych?

C: Yeah, psychology. The department, the head of like the department, he sends out like

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the activities, the speakers, that might be related. And there was a new club, which I'm also a part of called Active Minds, which is like mental health awareness. They were having a bowling night, sorry this is kind of a long story--

G: I want to know!

C: They were having a bowling night at Mustang Lanes and then Active Minds is part, or the same people are part of Pulse. And like some people work together--

G: Oh, ok.

C: And so then there were a couple of girls and they were like, come bowling with us! Because I didn't know anyone and it was so nice of them.

G: Oh my gosh yes. Which is your hope, right? That the mental health people would be friendly?

C: I know, you would think and hope. (both laugh) And they were talking to me about it and were like, oh you should apply and so I was like, I was really nervous at first because it was kind of like a, you had to do a full application and say why you want to be a part of it and then you had to do an interview process and so--

G: Are there a number of sophomores involved?

C: Yeah, there are. And then the team I'm on is fairly new so there's some people that were part of it but are now training so it's kind of, I'm always part of the new thing I guess (laughs) but it's good! And um, they told me about it and I was like, ok, why not, let's apply for this. It sounds super cool, it would be perfect, really good to put on a resume. And I did it and I'm so happy I did it. I really like it. It's really cool.

G: Tell me what you like about it.

C: Um, let's see. I think it's just, it's really applicable in my life and it's really helped me develop what I want to do exactly for the rest of my life which I'm sure I'll change in like a month or something.

G: Or maybe not, I mean?

C: Maybe not.

G: You look pretty determined.

C: Thank you. Um, what else? Everyone's super nice. I think it's a really good challenge. I'm really nervous to have my first consultation because I don't know because I feel like someone is coming to you and you have to be like the person who is there to

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help them. I'm nervous about the whole like, what if I say something wrong--

G: Yeah.

C: But I think that's normal.

G: Oh, yeah!

C: And, um, what else do I like? There's a lot of different opportunities you can get from it I think. I'm going to apply for an internship over the summer probably and I think it will be a good thing to help me--

G: Yeah. You sound too like it's fun.

C: It's really fun. So far yeah, it's really fun. We've been making posters and all this stuff--

G: Yeah. It doesn't have to be (in a funny voice) "well, I'm going to ch--"

C: (laughs) Yeah, it's fun.

G: Cool. Anything else on your mind? When you look back at Sustain and that kind of chapter for you?

C: I don't think so.

G: Anything else that you think about? Anything you wish you did differently when you were there?

C: I wish I had paid more attention in my Econ class. (██████████ laughs). That was not fun. That final was a killer. Um. I probably wish I would have been a little bit more outgoing in the beginning. I think people became really close friends really early. And I think it took me a little bit. But, I mean eventually I got there but--

G: Yeah.

C: I think that's just something in general that I'd like to work on. And then, I'm not sure. I think maybe it would have been more fun to get more involved in other people's projects instead of just focusing on mostly on mine.

G: Oh, that's interesting.

C: I think it would have been cool to see what other people, firsthand, what other people are doing.

G: Yeah.

C: I can't think of anything else.

G: Yeah. What are you working on in your life right now? I'm capturing that phrase you just used: It's something I need to work on. Do you think in terms of, in those terms, about yourself?

C: Of what I need to work on? Yeah, definitely. I think that also might be, I'm in a lot of psychology classes because I'm a psychology major--

G: Of course.

C: I think there's a lot of things like just in general I feel like I always feel like there's always something not necessarily work on, because I'm happy with who I am--

G: Yeah.

C: I feel like also from a standpoint of like if I want to help people I feel like I also need to realize that I also need help. I think it's important to realize that I'm no different than the people I'm going to be talking to it's not as if I have nothing to talk about or work on. And so I definitely think that, I think I need to work on mostly just being able to hear people out. Sometimes when I'm in a conversation I have this really bad habit of interrupting them. Sometimes. Because I just want to get my thoughts out. But um, I think that's something I've really been trying to work on. Um. Definitely like opening, not opening up to people, but just like being able to walk into a conversation and be like, oh yeah let's talk, instead of I always have thoughts in my mind of like what if I say something weird? Like just common insecurities I feel like I let them capture my thoughts too much--

G: Yeah, yeah.

C: Just little stuff like that.

G: Yeah. It's all interesting stuff. Yeah.

C: Thank you.

G: Yeah. So anything else about your experience? Any other ways you think you've changed since being in Sustain or because of being in Sustain? Or? This is all great stuff, I'm just seeing if, I don't want to miss something you have to say.

C: I think that I'm becoming more serious about my school work, not that I wasn't before but I think more so I'm realizing that like this is opportunity you can take to learn and really capture all the information that people are telling you and then I also think, I was

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talking to my roommate about this the other day. I'm really trying to further or put more meaning into my friendships. Because like my roommate is the person who is super bubbly and she's friends with everyone and sometimes she overwhelms herself and she doesn't want to do things, and she's like, I don't really like this person. We're talking about how we're kind of at the age where like you don't really need to be friends with someone if you don't want to be friends with them. Like I think we're so busy and so caught up in everything, I think it's really important to, sometimes its, I think it's more important to have deeper friendships than just, and maybe like not as many friendships as opposed to a lot of friendships that are really not meaningful to you at all.

G: Yeah.

C: We were having a conversation about that.

G: That's cool. Yeah. That's really fun.

C: I don't really know how that pertains to Sustain but, I guess it's life.

G: It's life. That's how it pertains. Ok girl. Anything else in your head? It's all good stuff.

C: No, I think that's it.

G: I'd like to uh, I have the same thought, I keep being surprised by it but you look so bright. So bright and grown up.

C: Thank you!