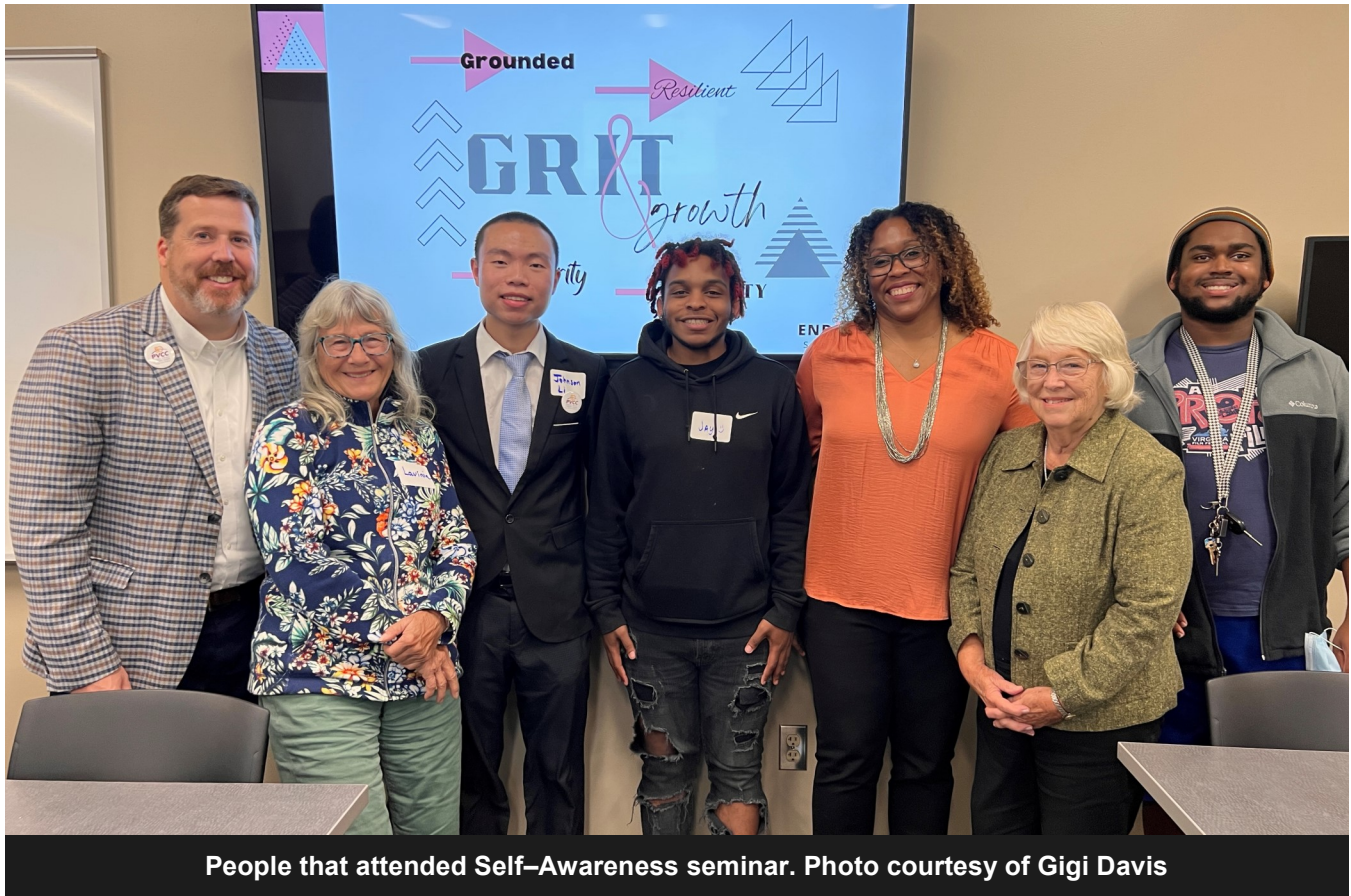


Self-Awareness Builds Confidence



Jay Smithbey, staff writer

There is a popular saying, “You can do anything you put your mind to.” I see why people tell you that. It's because doubting yourself and not believing in yourself should not be acceptable. On Sept. 27, PVCC held a Self-Awareness seminar as part of the Charles T. Baber Leadership Program series. I attended the self-awareness seminar, and being there for an hour and a half really changed the way I see and look at things. You can achieve anything; any goals you have and want to successfully accomplish, you can. Attending this seminar showed me that. It provided me the knowledge to never give up and keep pushing forward.

Shawn Sanders, leadership instructor and program coordinator for Montgomery College, told attendees that all they needed was a little more motivation and more work ethic. Sanders had a game plan. She woke up that morning determined to educate us about self awareness, and she got her point across to everybody in the

room.

She began the seminar by handing out worksheets and making us write down our definitions of GRIT and our goals in life, short or long term. GRIT is an acronym short for Grounded, Resilient, Integrity and Tenacity. Using these key terms can help someone become successful by keeping them motivated to finish assignments and pass classes.

During the presentation, we watched Angela Duckworth, a psychologist, inspirational speaker, and author. She said, “GRIT is about having passion and perseverance, if you don't use it, you lose it.”

The overall message was to be motivated to achieve your goals, and to be passionate about succeeding after you do. PVCC is holding another seminar Oct. 26 from noon to 1:30 p.m. about Group Dynamics and Collaboration with self-awareness with others.

For more information about the upcoming seminar, view the website: <https://www.pvcc.edu/leadership-development-program>