

(I accidentally submitted the wrong one in another google form but this one is my final short essay)

Before my very first session this semester I was very nervous that I might say something wrong or I'll mess up something but at the end I didn't, I was able to say what was on my mind without overthinking about it in my head. Making it easier to show my buddy what kind of helper I am. This semester was my very first time joining the P2P program and it has changed me a couple ways such as managing my time and my computer skills but one thing that has really helped me were my talking skills and my self-confidence.

Talking to new people has always been hard for me. I always wait for the other person to open up to me but for P2P I am the helper which means I will have to step up and speak up for myself to help my buddy and grow a relationship with him/her. It took me about a few sessions to get out of my comfort zone but eventually I learned to just say what's on my mind with confidence and without needing to doubt myself in what my opinions are. Having confidence in yourself is a big survival skill that people need in this world. Without it people will never know how you feel and know how you think which can make a person feel vulnerable and maybe even ignored. But getting rid of the awkwardness to speak up for yourself isn't always easy. It takes time but I think I've improved a lot since I was in elementary school. P2P was one of the biggest cause in my opinion. P2P really let's you explore and look at things differently. Like how I usually find it hard to talk to new people, in P2P as a helper I kind of have to speak up which let me explore new things and look at things differently. Getting used to talking to new people will help me in my future career goals. My reason is because in the future I want to become a lawyer that will fight in court but in order to do that I have to learn to speak up for myself and my opinions. If I don't improve on those skills then it would be hard for me to become a successful lawyer because lawyers need to be able to express their opinions on things with strong 'expressions'. So continuing P2P as a helper will improve my talking skills and self-confidence.

In conclusion, P2P is very helpful in many ways but talking skills and growing self-confidence is the biggest one, atleast for me. I definitely will be continuing participating in this program the next semester too and learn many new things and try out different things that will help me not only in the present but in my future too. I had lots of fun, experienced new things, and did a lot of problem solving. I look forward to participate in the P2P program in the future more.