

Story of a helper

By: Vivian Park

Have you ever dealt with a challenge against someone else and didn't quite know how to overcome the situation? I have been volunteering and assisting kids in education for a few years now. I have dealt with various challenges such as working with a kid who can be a bit inexperienced and stubborn with paying attention. I learned to fix this habit. The trick was to instead of being strict with them, you reward them with free time or things they want to do after they complete a task but optimistically, you must have a bright attitude to encourage others and yourself. I will never forget this method, we should be considerate of our peers and not just go with one way straightforward.

As I learn to try out different methods with my peers when helping, I learned in the P2P Program on how to be more resilient and mindful. The key to resilience is constructive criticism. Constructive criticism is a method of pointing out what someone can work on without judging in a disapproving way. Constructive criticism intends to help recipients improve, delivers messages in a positive attitude, focuses on the behavior/issue rather than the individual and their personal attributes, and offers specific, actionable objective feedback rather than feedback that is vague and subjective. I aspire to be an entrepreneur/business woman in the future so for me to work with co-workers, employees, customers, etc., using constructive criticism for someone's unsatisfactory will help them to improve better without discouragement. Constructive criticism can make you more compassionate and understanding of others, therefore, improving your relationships between others personally and professionally. In addition, it allows you to learn about proper expectations, healthy boundaries, and communication skills that all work together to promote a strong relationship.

As I have gained experience of being a helper throughout these years, I learned to really connect with your peers by getting to know them personally so you can accommodate learning to their liking; that is how I do it with my buddy, Yuri. I use a toy to make her laugh when we learn multiplication. The toy I use is this cactus; it sings, dances, and talks back, repeating your words which can be very fun for kids to interact with. This really encourages Yuri to learn her times tables better. Resilience is important because it can help protect you from various mental health conditions, such as depression or anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. Resilience is also important because it's needed to work through and overcome hardships in life. Individuals who lack this resilience may easily get overwhelmed, and may turn to developing unhealthy coping mechanisms. People with resilience tap into their strengths and support systems to overcome challenges and work through problems. Having a healthy mind can help you to help others! I believe that volunteering is an important experience to have in life so you can allow yourself to build patience, resilience, and open mindedness.