

1 = Interviewer

2 = Interviewee

1: All right. How are you doing.

2: I'm good.

1: Good. You want to tell us a little bit about yourself. You can leave your name out if you so choose.

2: That's fine. I grew up in Orange County California, played sports, like video games, went to college in Santa Barbara, and moved to Los Angeles for work. I started as an auditor at [redacted] and now I am a valuation data analyst at [redacted] appraisal.

1: Ok very cool very cool. So, the point of this senior project is we're doing a study on resilience and what it means to individuals from different walks of life. So, to start off what is what does resilience mean to you, beyond just the standard definition?

2: To me it means taking life by the horns, you know just going into life head on. Not being scared, having confidence and wanting to succeed. And knowing what you want to do and doing it. And excelling at whatever you're going to do.

1: OK, thanks. So, has there been any sort of situations in your life that kind of stick out where you've had to show resilience through tribulation?

2: Yeah. So in between my graduation from university and starting full time at [redacted], there were some hardship in my life that was caused by my own actions that caused me to basically get diagnosed with a mental health disorder specifically anxiety. It was a challenge. I got diagnosed in the summer with you know not just the wishy-washy kind of stress, but like full blown anxiety. Thinking you're going to die and thinking you're going crazy, like legitimate problems. And I had to start my full-time job for the first time in my career a couple months later.

1: Did this problem persist or was it a one time or a few time issues?

2: I still have anxiety issues but it's not near as bad as it used to be. It's gotten a lot better and I've learned to deal with it better. I guess chemical reactions in my brain aren't as bad, but it still exists in my mind.

1: So how would you describe your methods of getting through it while starting a new job and being there nine to five, probably even later than nine to five and having to deal with this mental disorder while you found yourself in a new environment.

2: I just never had a mentality of. Quitting and not going to work and not doing my stuff was never really an option to me. So, I just got through the pain and brushed it off. You know it was real and it happened continuously. I wake up with it. I go to sleep with it. I'd have it at work, but I would just have to kind of deal with it and take it. I just had a mentality of continuing and doing my work no matter what.

1: So, would you say that it was more self-motivated to get you through this and be resilient or would you say that there is also support systems involved that maybe helped you out along the way as well.

2: Yeah, I mean there was some support systems. My parents were really good with you know talking to me, specifically my mom. She worried like all moms do. But she would help me and talk me through stuff and let me know that it was OK. She really helped me get through it. And yeah there definitely was a support system but I'd say for the most part, it was me because you know my parents weren't there at work with me. You know they weren't tossing and turning like middle of the night with me or waking up and dreading going to work with me. She wasn't there to like say it's gonna be okay. But she was there when I called. Or you know needed advice.

1: All right well thank you very much. This has been a great interview. I appreciate your time.

2: Thanks