

A challenging point in my life was my freshman year of college. I did not do the best and I was at a very low point in my life. Between my transitioning from high school, difficulty of making new friends, my insecurities, and my grades being in shambles; I had an awful year and ended up on academic probation. It was a very hard time for me because I knew I was better and could do better, but mentally and emotionally I was at a crossroad where I just did not know who I was or what I was doing. I had no direction.

As I coped with this challenge I developed the strengths of being; resilient, patient, having commitment, and self-confidence. These strengths were developed as a result of choices I had to make. I could continue school and have hope that I would pull my grades up and figure out what I wanted to major in and get the degree I wanted or drop out and just do something else. I thought so hard about dropping out because I felt like I did not have what it takes to continue with college, especially after the awful things my parents said to me when they found out what my grades were. I felt like no one understood what I was going through and I did not feel supported; not to mention me being worried about how I was going to pay for college because being on academic probation led me to my VGAP grant being taken away. It was a lot to handle all at once, but I got through it by doing exactly what the strength perspective talks about “I focused on the positives/strengths in the midst of all of the issues”.

In looking on the bright side I realized that: one, my parents are who they are and they say the things that they say. I learned to ignore them and filter the things they say even when they are hurtful because I know at the end of the day they love me. Two, I learned that there are people out there who will genuinely be there for you and support you through your hard times; shout out to my friends that encouraged me through that time. Three, I learned that the world does not always have your best interest at heart. You have to know what you want and pursue it

no matter what financial aid says, no matter what your grades on blackboard say, no matter what your peers say, no matter what social media says. You can make it and achieve everything you are trying to achieve. When the circumstances and current situation show you your chances are slim, I know that my odds are always one hundred percent plus.

The strengths perspective is a beautiful thing and I can understand why it would be effective with your clients. It will bring them hope and encouragement because you show them that even though their situation is dark that there is still some light in the situation.