

Patricia Carrillo
Lisa Crawford Watson
HCOM 312
21 February 2018

Chapter 3

1. Discuss: The author writes that the first step in recognizing the vision is letting go of the need to be superhuman. Is this true, in your experience? Give an example of your own mortal message.

The need to be superhuman is inevitable. We grow up with the mindset of thinking, we can accomplish everything that we want to accomplish. While in high school, we were given an assignment in our English class, to job shadow a professional. We are sent to explore what we would like to do in the world and discover our true calling. I job shadowed, several doctors and I really enjoyed watching, how they made a difference in their patients lives. I saw how happy they were doing a job they truly enjoy, and I set my goals and aspirations to follow that track. I took R.O.P. classes that had to do with clinical work and first aid. I thought my calling was to help people by discovering the cure for cancer. It was not until my first year of community college in where I discovered that I really did not like chemistry. I was devastated because I thought to myself, how can I help change the world, if I cannot pass chemistry.

During one on my Chinese language classes, I discovered, my current passion. While in class, I re-called a memory from high school, in where I was visiting my AVID teacher. I noticed a few ESL students speaking in their native tongue I wanted to know more about where they were from and connect with them. I asked a student, why most ESL students, do not talk with other English speakers. He told me that most ESL students are shy and embarrassed that their English is bad. I told him, he should not worry about it because, as a English speaker myself, my English was also bad. We shared a laugh and were able to share that experience. It was that moment that I wanted to help others feel comfortable.

I am no longer under the illusion of having to be a superhuman; I am able to find my passion. My calling to help build bridges, connecting different cultures and helping people communicate with one another. I was able to understand what I am passionate about and accomplish my goals.

2. Identify three areas in which you might envision yourself an agent of change, by asking friends or reviewing your social media posts.

- a. What do you see as your vision areas?*
- b. Is there one that stands out in particular?*

- c. *How did this vision arrive in your life?*
 - i. *As an "Aha?"*
- d. *Gradually? Discuss.*

While closer inspection, my facebook page promotes an environmentally sustainable lifestyle. I encourage people to challenge their way of living and if they can change their perspective on how they are living.

I post many informative videos that explain dietary needs. In doing so, I noticed that consuming meat is not essential to people's health. I am currently and have been a vegetarian for the last year and a half. I find it disgusting how meat industry in the States functions. There is a large amount of non sustainable production and not enough consumption from people. Most meat factories are over produce and throw away tons of meat. In order to protest the non ethical consumption of meat, is how I became a vegetarian.

I hope that my friends will make wiser choices on food or at least learn where their food is from.

3. Inoculate yourself against naysayers. Discuss previous successes in life and times when you had received but dismissed negative input.

I have been very fortunate that no one has never not believe in me. Everytime I think of something that I would want to do, people ask me, "How can I help?". This has lead me to not only admire people in my life, but to return the favor to others who have ideas. I encourage them in the best way that I can and provide other resource, if I am not able to help them.

The only time that I was rejected was to get in to CSUMB. One of my mentors helped me write an appeal letter and I was really grateful for her assistance. Now, I am attending CSUMB and have met people that keep inspiring me to give back.