

Nevae–DPS Student

Over the six weeks of being in the intergenerational fellowship, I've learned a lot. Not just about others, but myself. All of the people who had participated in this fellowship with me taught me that I'm a constant problem solver, continuously thinking outside the box, and accepting failure, allowing that failure to teach me and move on.

During one of the sessions, we talked about healthy living and well-being. That's a session that got me to open my eyes and notice a lot of things I wanted and needed to start doing for myself. During that session, I learned that eating healthy can help you have a healthy "well-being" mind state. Since then, I have started to eat more fruit and vegetables. I started to drink more water, fewer carbonated and sugary drinks.

During that session, we also talked about how physical activity benefits your well-being. And, honestly, I've been wanting to start being more active. Like taking more walks/runs, going to the gym, anything that was active and got me out of the house. I didn't really have the motivation, but a Duke undergraduate named Josh gave me the idea to just finally get up and do it. He said if you start walking more and being active, he'll do the same, so hopefully he's holding his side of the deal.

Because I've actually started going to the gym, I found this trail behind my school.

I can walk that and it takes me home, I walk that any chance I get.

The last very important thing that I took away from that session was that I needed to gain some sort of daily routine so I didn't just wander through my days. I'm actually working on that now. For the past couple of days, I've been getting in bed and going to sleep at the same time, and it's a decent time to get enough sleep for school the next day.

Another session that taught me something very important was when we talked about our future and career paths. I learned something from senior Charles: to learn as much as I can. Because anyone can be going for the same job as you, you need to know more than they do at all times. Basically, stating mind over matter at any given moment. That statement gave me the motivation to take my education more seriously, to study more than party. While also making time to face

my fears and reach and work for the career that I want, and make my life successful, the way I've always dreamed.

Something else I was able to grab from that session is that I now have a clear vision of how I want my future life to look, how I want it to go, and how I'm going to get there. I've finally had the inspiration to sit and plan for my future because I now know and now feel like my future matters, not just to me, but to others. I now know that my fears are only going to make me brave, and I'll overcome those fears to become who I want and get where I want.

This intergenerational fellowship program has taught me a lot, and I really appreciate that I got a chance to experience this program. I've learned many things about myself, and that I am an important person, not just to the members of the program but to anyone I encounter. That I'll overcome any challenge that I face, and that I'll get to where I want to be.