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My Best Self Reflection

 At the beginning of this year, I was clueless that I possessed five main strengths. Knowledge of these has already helped me to enhance my routine by benefitting from them. Habitually, I notice them occurring throughout my everyday life and my family and friends do as well.

My mom communicated a time when I revealed my best when majorly helped lead my swim team as a captain of my swim team during my senior year of high school. Since swim team is a no-cut sport, it was very large with a variety of different talent levels. I was surely not the most talented, so I could go into the shoes of the swimmers who were struggling and help them. My younger sister was a freshman on the team, so it helped for my to connect to the younger swimmers and offer guidance. This was especially during the first few rigorous weeks, where they were still transitioning into high school. Many girls wanted to quit, but I promised them that this sport was rewarding after all the hours are put in during practice. I attempted to give these girls the best advice I knew that I had first-hand learned throughout my own swimming career over the four years.

On my very first day of high school, I befriended Alex, who saw me “come out of my shell” throughout school and she is now here at Miami. I would have never thought we would both be here today. The narrative she chose to tell me was how on our last day together with our grade, when we walked across the stage, I gave a speech after graduation at the all night party. This was not any ordinary speech that I was preparing for weeks on end. It was completely spontaneous. I decided that since I was voted “most memorable” for my senior superlative that I owed it to my whole grade to say one last good bye to everyone along with a short story of my first day of high school. The gist of it was that initially I barely had any friends coming from a private school and then became a more outgoing person throughout high school. Alex said it was very courageous and brave of me to go up and speak on the spotlight in front of 450 students. Despite knowing the audience so well, I felt terrified, but I wanted to face my fear of public speaking. The setting and timing were perfect so, obligation existed to take advantage of the moment and achieve my goal of going up to the podium.

This past summer I raced the world’s longest fresh water regatta as the only girl along with nine men on a sailboat across Lake Michigan from Chicago to Mackinac Island. My dad accompanied me on this journey, and I am grateful he was. The whole summer we practiced racing, but nothing compares to living on a boat for three days. At the beginning of the race, there was a storm and seasickness upon me. Thinking my life could not get any worse, I was tempted to jump off the boat. I overcame this nausea looking at the horizon and steering the boat until the storm ended. A substantial transformation transpired from a green face to a contagious Cheshire cat smile. My dad explained to me that, “Grit and determination really can't be taught, so I am very glad you have it because it will give you the fortitude to overcome the many inevitable obstacles that life will throw at you.” Optimism radiates out of me knowing that I conquered such a task to make my dad proud of me for my actions.

My five strengths, adaptability, woo, communication, significance, and maximize, play into my life in a variety of different ways. Adaptability plays the biggest role in my life because I cannot successfully predict my future path. For instance, I did not picture myself giving a speech to my class senior year or having to overcome an obstacle that seemed life threatening at the time while at sea. Most recently, I have adapted the woo characteristic because I used to be awfully shy, but having the challenge of befriending my whole swim team was not a struggle; it was my pleasure. Similarly, everyone in my grade for the senior superlative decided to vote for me because I was well known for such a distinct award. Communication goes hand in hand with woo because it helped me to become more sociable and extroverted. The significance characteristic I knew I possessed; I always have liked to stand out and be recognized for my achievements, like getting “most memorable” or sailing the race, despite girls usually being intimidated by the male dominated sport. With whatever situations that I endure, I try to make the most of them. I wanted my swim team to succeed so stimulated group excellence by keeping them optimistic and leading them as a role model with perseverance through the rough spots.

I believe that the narratives reported represent me at my best by taking on daring adventures, leading with confidence, and challenging myself by taking on fears. An overall characteristic as my dad stated that would take me far in my career path proves to be determination by adapting to my environment, wooing my surroundings through communication, and maximizing my experiences by being independently significant. My future employers will be wooed by my job interview and by how I stand out. Next, I can adapt to my new workload and carry on my new knowledge to subsequent employments. Something that will keep me on my toes illustrates the occupation I desire, but at the same time, I could adapt to doing a routine task and mastering it. Currently, I enjoy math classes because each problem is a puzzle I get to unravel and solve. During my college journey, I hope to find a more clear and vivid image of my future. For now, I will rely mainly on my adaptability trait to get bearings and carry me through the unknown territory of my future in which I do not know my direction.