Htet Tee

11/23/14

IVYT120

Workshop assignment

The title of the workshop is Self-esteem. Name of presentation is Dawn Hammond. Date of presentation is 11/20/2014 from 6:00 to 7:00 p.m. Location of Presentation is Student life center room 121. The Objectives of Workshop/Seminar: to think positive, have self-confident, and don’t be afraid to try because you always got good results.

I enjoy the workshop and also I meet lots of friendly people and I am more open then I am at other places cause it feel like I am in a room of old friends. What I like about this workshop is she gave us some example about self-esteem and let us work in a group. She also give us some of the worksheet so that we fully understand what self-esteem really mean. Self-esteem is not just about having confident on what you do or say it can also make you feel depressed or stressed out too. What most important is that you choose the right path and not try to do everything at the same time. Take care of yourself and give some time to yourself and be prepare. What I dislike about the workshop is that she talks a little bit too much. We were supposed to be in the workshop just for an hour. We were in there almost about 2 hours.

It helps us not to overwhelming our self. Have schedule and keep everything in balance. Don’t do everything right away and take times when doing homework or project. Rest your brain if you think you are stressed out. Do what you suppose to do and don’t do it at the last minute so that you rushing things up. Be confident at whatever you do and don’t hold back because you are better then what you think about yourself.

This workshop really interested me and I would like other student to go if they have time. I’m sure that they will have it again next year. I would recommend that they should do again this year. I’m sure that students need learn how to be self-esteem. This is a really good way to learn something new. It benefit me a lot and I’m sure if other student that went to this workshop it will benefit them too.

The workshop was worth going to and learn about it. I would strongly recommend student to attend this workshop if they have offer it again. You would not believe how much you can improve yourself after attending this workshop. It sure is hard to change who you are but after this workshop I’m sure your self will be different and you will see the world differently.