

Yooni's Capstone Project

Yooni

Runeson

(she/her)



“Be careful about
your expectations..

“Life often has other
ideas, so have a backup plan
and expect the unexpected



Biography

- **Who you are**

Yooni Runeson (she/her)

- **I'm studying to become a Nurse ..**

I'm going into nursing and I plan to get my Registered Nurse License first. Once I can start applying for jobs I'll look for one that will support my education so I can get my Nurse Practitioner License. Later at the end of my career I'd like to become a Teaching Nurse

- **My vision of myself after college..**

I want to start working as a nurse at a hospital setting where the employer will also help pay for my bachelors or masters

- **Something fun about myself..**

I enjoy practicing yoga, running, and staying physically fit as well as healthy. I enjoy fashion matching, deep imaginative reading, and cultural studies

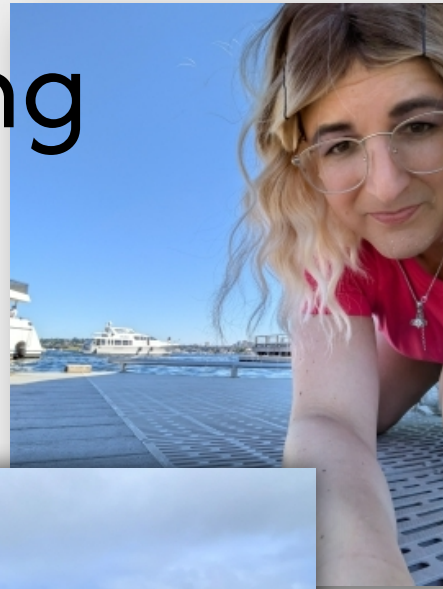


#1 Always Be Communicating

I've learned that keeping up lines of communication is a critical skill, be it with my teachers, group mates, or the administration.

I've learned that these people are all human and humans are forgetful, so if I need their help to get something done it's completely up to me to follow-up and continue asking questions if necessary. There's an old saying that the squeaky wheel gets the grease which basically means I need to make myself visible if I want to get assistance.

I would say to send an introductory email to your professors at the start of the quarter with a few basic things about yourself like educational goals and your experience with the subject matter. This way you get comfortable contacting your professor and you will know how to get into contact with them fast if anything comes up.



#2 Keep a Study-Window Routine

I've learned that we are creatures of habit, and that sticking to a routine really does help me get all my assignments done. By creating a weekly schedule with pre-allocated windows of time for study I have been able to comfortably do all my assignments or readings.

Make sure you can find a time and place you feel undistracted and can focus well. There are many quiet places at school where this is possible including the tutoring centers and library.



#3 Expect the Unexpected, Then Budget Time For It

When it comes to finishing big projects or unusual assignments, I've learned to try to predict how much time it would personally take me and then double that amount of time.

By doubling it I will account for things that are unpredictable like life moments, naps, hunger, breaks, and other distractions like notifications. If I finish early then it's great and I can reclaim the time, and if the task uses all the time, then I'm glad I gave myself some breathing room.

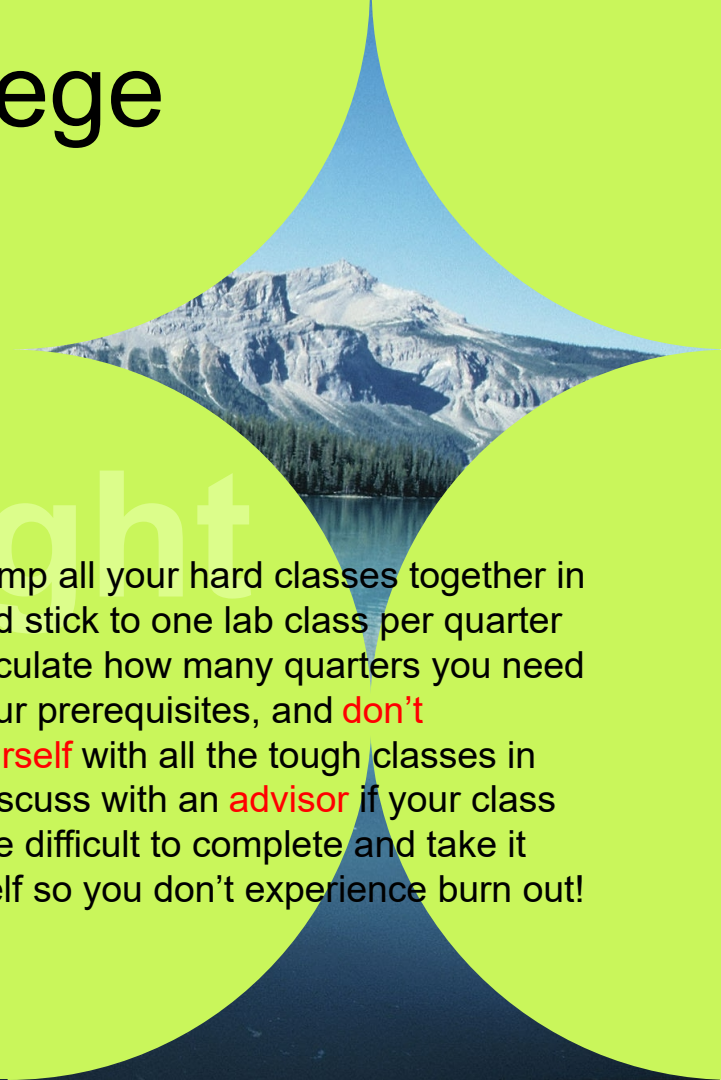
Life is not a straight line and we should plan for it. Studying for hours on end is unhealthy and can lead to burnout and poor-quality work. We are humans and we work best with recharge time for food, stretching, and other types of self-care.



How-to: Thriving in College

Key Resources

- ✓ Workforce, Work-study, Financial Aid
- ✓ The Library and other quiet places for study
- ✓ Handwritten notes in a notebook for every class



Thriving Insight

Get at least **eight hours of sleep** every night. Everyone is different but make sure you give yourself enough time to get rest and so you can focus in-class the next day. Set a **consistent bedtime** and stick to it. It's been proven that students who sleep well can retain information better and have better memory recall. Combine with a **healthy diet and exercise** for the best effect.

Do not lump all your hard classes together in one quarter and stick to one lab class per quarter if possible. Calculate how many quarters you need to complete your prerequisites, and **don't overwhelm yourself** with all the tough classes in one quarter. Discuss with an **advisor** if your class schedule will be difficult to complete and take it easy on yourself so you don't experience burn out!

Reflection #1

I learned about my Cultural Assets and Strengths in this class and how **Resistance is considered a positive trait**. Being born into unfair or unethical circumstances is daunting. It can feel isolating and alienating and in those moments it's tough. It also gives me **a reason to push forward** because I know I can't float through life unfocused. Since I don't have parachutes and safety nets to protect me, I make sure that I create my own **backup plans**. Knowing my resistance gives me the motivation to move forward.



Reflection #2

I think my proudest moment so far is completing my Spring quarter with a high-B average. I had signed up to take a Chemistry Lab class and a lab class for Anatomy and Physiology together plus a Philosophy class demanding thoughtful writing and essays about virtue ethics. I didn't realize Anatomy and Chemistry would be so demanding, and **I learned a lot about myself and time management.**



Reflection #3

I learned that **sacrificing my spare time** and completing my assignments builds **self-esteem**. I learned how fleeting the enjoyment really is from time wasting activities. I also learned how much studying and homework I'm capable of doing in a day, turns out not that much! I learned to **pace myself** and do less tasks across more days.



Thank YOU!

Thank you so much for an amazing quarter professor, Krysta! ☐

You are an amazing teacher with tons of positive energy and our school is better for it! ☐

I wish you the best on your journey! ☐

