

Research Interview Assessment #10

With Ashley being my mentor I have begun to have a deeper understanding on how college and school should operate, while also maintaining a good social life. Ashley Wilson is the absolute queen of organization and maintaining a good work ethic and keeping up with the lives of all her friends. All of this happens while also keeping a healthy and prioritized relationship with the Lord. I wonder how she does this? She makes it seem as if she has more hours in a day than other people, but obviously she is just like everyone else. During my visit with Ashley I had asked her about how she gets all she needs done, because it was during a period where I was feeling overwhelmed and stressed about college, highschool, social life, church, and theatre.

Ashley explained to me that I will always need to make sacrifices. She laughed and explained it in a really simple way... she called it the Trinity of Life! This trinity is a simple concept where she says if you want things you'll have to sacrifice the third, because I cannot have all three. The three points of the Trinity are Social Life, School, and Sleep. It is a very simple yet very intriguing concept that she explained as it made so much sense. She told me, since I had brought up how I like to go to bed moderately early, that I would have to sacrifice things for that. She says the thing that she sacrifices every day is sleep. Sometimes she goes to bed at 2:00 AM and will wake up at 7:00 AM. This is all because she prioritizes school and social things for Set A Pattern, mentoring me, being with her boyfriend Joey, and going to Church. While also prioritizing Dallas Baptist Schooling. All to sacrifice her sleep. If I were to want to have a good night's sleep, I will most likely need to either sacrifice school work and homework, or hang out with friends or my girlfriend. I feel like this trinity concept is really clever and something that I am going to consider for a long time. Social life including worshipping God is something that I know needs to be implemented in some way in my life daily, which means that automatically I need to make sure that I am not in bed by midnight if I have things due the next day. School is more important than a large amount of sleep!

As a conclusion to the meeting Ashley prayed for me, for my show, and all of the weight that was holding me down. I know that in times of stress I need to go to God, because He will give me peace. Ashley reminded me of that. I am excited for my next meeting with her on Friday, and am ecstatic to be able to tell her how I have implemented the trinity of life in my own day to day routine.