

My biggest weakness is the way I stress myself out with big assignments and group work. I have always been a facilitator and leader and I like to have control when it comes to getting my work done on time and efficiently. In the past, I have faced multiple obstacles where things aren't going to go my way and I had to learn how to work with other people without stressing myself out and controlling the group. I had a situation in a class project where a student would not get their part done and I kindly tried to reassure him that it was due soon but was not getting the responses back from him for a while. Because of this situation, I stressed myself out to the point of getting upset and got worried about the project. I had a small argument with my group member which was not needed and it was caused by a lack of communication and stress. This made me panic and I did not handle the situation as well as I could have and my group saw the stress I was putting myself under.

I overcame this situation by putting trust in my group members and reminding myself that they want to help and get their work done on time and I don't need to control everything at all times. I learned that I don't need to panic and handle the situation the way I did. By panicking and getting upset, I made it harder for my group to get their work done and looking back on it now it was not the right path to take in a situation like that. Working in groups is not always easy but it has taught me how to work with people that are not the same as me and how to handle conflict and stress. There are times that I stress but I have learned to cope with it and put trust in my coworkers. Control is what keeps me comfortable with my work but this situation taught me that that's not always how life works and putting trust in other people is okay.