

This year has been challenging, filled with disappointments and adversity, but also with resilience.

We reached out to students to find out their New Year's resolutions for staying in positive in upcoming year and what they have learned in 2020 that will help them take on 2021.

Read on to see what these Black Hawk College students had to say.

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## Karen Ambriz



**Hometown:** Oxnard, California

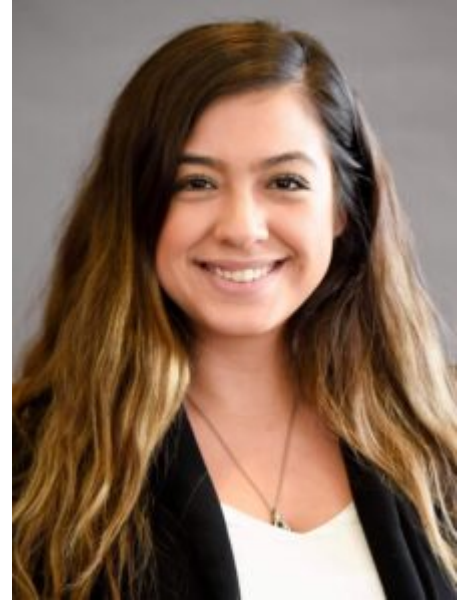
**Campus:** Quad-Cities Campus

**Program:** Associate in Arts

**Answer:** I know it's hard now, since the pandemic, and what I've learned that actually helped me is to surround myself people with people who will motivate you and also help you. Like for example, re-read any essay that you have for grammar errors.

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## Joana Arevalo



**Hometown:** Moline, Illinois

**Campus:** Quad-Cities Campus

**Program:** Online Associate in Arts (psychology)

**Answer:** My New Year's resolution for staying positive in 2021 is to take more self-care days and do more things that make me happy. It is so easy to get caught up on our phones and on social media without realizing how toxic and draining it can be. In 2021, I plan on setting my phone down more, spending time with my loved ones and doing more of the things that I enjoy.

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## Jaidyn Miller



**Hometown:** Annawan, Illinois

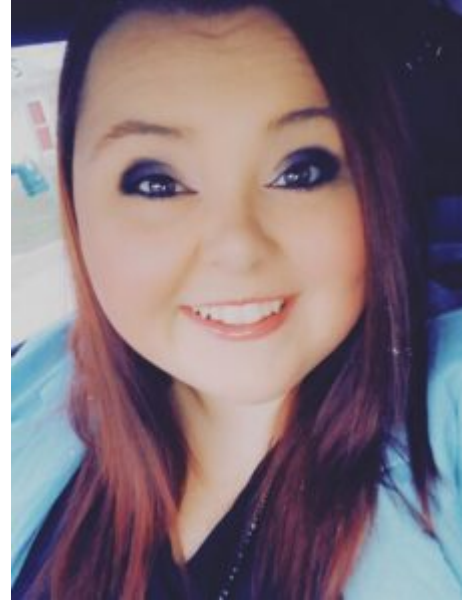
**Campus:** East Campus

**Program:** Associate in Science - Ag Transfer

**Answer:** 2020 has taught me to see more of the good. In 2021, no matter what kind of situation I'm in, I hope to find more good. This "new normal" has also shown me the value of patience, which I hope to carry with me into the new year as we continue to adjust to these changes.

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## Sam Mitchell



**Hometown:** Coal Valley, Illinois

**Campus:** Quad-Cities Campus

**Program:** Emergency Medical Technician - Paramedic Certificate

**Answer:** 2020 has been a hard year, but it has taught me the importance of being present in each moment. This pandemic has taught me strength and perseverance! 2020 has been tough, but because of it I will be a better person in 2021!

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## Brooklynn Moore



**Hometown:** Bellevue, Iowa

**Campus:** East Campus

**Program:** Associate in Science - Ag Transfer

**Answer:** First of all, I'm staying positive by staying active in my prayer life. When you're feeling down, it's nice to know there's something else there that can comfort you. I'm also staying connected to friends and staying positive that way so they can keep uplifting me. Finally, 2020 has been crazy, but one way I have been able to fight through the adversity is keeping things in perspective. I don't let the little things get to me as much. I just try to keep pushing through.

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## Kelly Nache



**Hometown:** Moline, Illinois

**Campus:** Quad-Cities Campus

**Program:** Associate in Arts

**Answer:** I'm making a commitment next semester to use my free time for quality activities that keep me feeling happy, positive and healthy. For me, that means being active and spending time outside, so my resolution for 2021 is to take a walk at least five days a week. I've learned that if I use my spare time for things I really enjoy rather than for low reward time-waster activities, I have a better mindset and attitude when facing my obligations.

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