

# Advisory Group Information Sheet



Name: **Schelestiny Aranda**

Name I prefer to go by: **Schelly or Schelestiny**

Tell me about your family/support system: **I have one younger brother, my mom, and my dad in my immediate family. They are all my very best friends and I definitely could not be where I am today without their continuous support.**

Hospital Experience Y N Job: N/A FT / PT / OC

What do you do for self-care?

**Skin care, retail therapy, exercise, cook healthy meals, clean**

What are your study habits?

**I listen to my recording of the lecture and write down the powerpoint notes at the same time. I like to make sure I am understanding the concept as I go so that I do not get overwhelmed or confused with all of the material. I will then look over the powerpoint notes over and over either by myself or with some of my classmates. I also like to have a whiteboard with me and will write down everything I know about that concept and repeat this process until I feel confident enough about that topic for the exam.**

What are your goals for this module?

**To expand my knowledge and get a feel for what the L&D world is like. I also want to strive to get an A in this module to better my overall GPA and graduate with honors.**

What do I need to know to help you be successful in this module?

**I am very good at catching onto things if I see it demonstrated first and then practice it hands on regarding skills. I also have found that pneumonics have helped me remember content if there is multiple things under one topic that are important to know. Phrases also have helped me as well, such as, "Hot and dry, sugars high."**