




Rachel Curriculum Vitae (CV) of Failures 2020

Profile

My name is Rachel Trinh and I am currently in York University studying Specialized Honours of Human Resource Management. I am 18 years old trying to find a path in Human Resources. As a first-year student, I really wanted to be as involved as possible. I loved attending school events and meeting new people. With these connections and bigger exposure to York, I currently hold positions in 5 other clubs/organizations. With an eager mind comes many failures but this quote stuck with me: "The best time to plant a tree was 20 years ago, 2nd best time is now". This quote shows how we should take the opportunities we have now and to not be afraid of failure. If you shy away from trying something new, you will always hold some regret in you and convince yourself that you will do it one day. We might not get a second opportunity so the best time is now. I chose to share these stories to empathize with other students struggling with the fear of failure. I never talk about my failures and bottled it in for so long. Today I choose to let these moments go and make my failures public.

Objective

Failure has always been my biggest fear, embarrassment is second and disappointment is third. Throughout my whole life, I tried to live comfortably to avoid failure. I would not have the confidence to try out more high school sports or be on my high school council because I always had a lingering thought that I was not good enough to even submit an application. I feel as if I went through with these commitments I would always find a way to embarrass myself. After embarrassing myself I would be disappointed and regret even trying. Being 18 I have realized a lot. Transitioning to University I really pushed myself. I had an epiphany where if I never separated myself from the competition and commuted to school every day just to attend class, I would be miserable. There was nothing I



could really lose so I told myself to persevere and take any opportunity that I could get. I did not want to be in University for 4 years without the fun memories and involvement in extracurriculars. There's always going to be that one push that makes you a little braver. Always remember that life is not to be lived in your comfort zone.

Education

2015: Switching to Applied Mathematics - Math was never my thing ever. I have always struggled with it and spent hours trying to learn a lesson. In grade 9 I convinced myself to try academic math but it got too difficult and I decided to enrol in applied math. I had a field trip the next day and choir rehearsals that night where I was teary-eyed during both events. Surprisingly, I won the grade 9 applied mathematics award.

2019: Data Management - I ended up with the hardest math teacher known in our high school, he was the only one teaching Data Management. If I failed Data Management, I would not be able to go into Human Resources. I spent countless days locking myself in my room and only came down for dinner when I was in this class. My marks varied were some tests I would have around 80-90% but as the course got harder I had been getting 55-60%. I was discouraged, but never stopped studying. For my final presentation, I went in with a low mark around the 60s but got a 96% for my cumulative assignment. This didn't raise my mark as high but at least I had made it past a failing grade. (My teacher came up to me at our last class and recognized how much effort I put in, he even mentions me to his students).

2019: Graduation Award - I applied for 2 awards for my high school graduation and did not get chosen. I had high hopes for myself since I won one in my elementary school graduation. I felt like a failure to myself and my family when I wasn't the recipient. I remember writing a lot for both applications and was pretty disappointed when I didn't receive it.



Extracurriculars

2015: Council - I've always loved representing my school and thought applying to the council would be a great start for me in high school. I was too nervous to even apply but kept the thought that I wasn't good enough in the back of my head. It always bothered me how I never had the courage to even give it a try. This was a failure in itself where I lacked the confidence to even consider applying. From this, I learned that everything I wanted was on the other side of fear.

2019: Soccer - Soccer is the only sport I picked up interest in and played it in my whole 4 years of high school. Our team was not great. We either ended up being a Tier 2 or 3 team around the lowest rankings. We faced teams who had amazing players who grew up playing soccer. I saw it as a failure that our school wasn't the best team and how I could not score any goals being a mid-field player. Most of my games I was disappointed in myself and wish I had been put in soccer instead of piano or Saturday school because I genuinely enjoyed it. After many defeats and some wins, I shot my first goal when my teammate initiated a corner kick and never felt more satisfied in my life.

Other Fails

2017: G1 Test - I was super nervous for my G1 test and studied like crazy. I did that G1 test online over and over until I could recite each question and answer. I built up so much anticipation and anxiety that I rushed my test and ended up failing by being off by 1 point. I felt embarrassed lining up again and even more scared of failure. Luckily, I passed the 2nd time and learned to not spend so much time being nervous because its practically setting myself up for failure.