

Alyssa Skerret T-Shirt



T-shirt Design Final Essay

“Who Am I?”

I learn and identify who I am as a person as I grow older and into maturity. For instance, I'm a young adult who identifies as an introvert. I prefer to spend my time at home and avoid large crowds. When I do decide to go out, I rather be with my two closest friends from high school. Although, I wish I could be more sociable and get to meet new people at times. Other than that I just prefer being at home because most of the time, I can be comfortable and be in my own world. I occasionally find myself spending a lot of time in my head, focusing on my inner thoughts and ideas. There are moments when I start to feel anxious and I begin to have “what if” moments. It's hard for me to be comfortable and open with new people because I begin to wonder what their thoughts are about me and if they are saying mean things about me. I must admit I get so wrapped up in my head. Aside from being an introvert, I acknowledge the fact that I have anxiety. Whenever my anxiety creeps up on me I try my very best to remain calm by closing my eyes and taking deep breaths, and exhaling slowly.

The hearts on my shirt symbolize my love and affection I have for my family. I am a very thoughtful and a conscious person. At the same time I can be shy and be well reserved. I am extremely protected with my privacy. When I need to let things off my chest, I tend to talk to my friends, but sometimes I feel uncomfortable if I overshared. I can consider myself a reserve person because I am limited to expressing my feelings and thoughts. I just prefer coping with my own problems. Whenever I feel down and want to clear my head, I just put on my headphones and listen to music that can lighten my mood.

As a Puerto Rican I take pride in where I come from. I placed a souvenir that represents the Puerto Rican flag because I am proud of my heritage. I remember visiting Puerto Rico for the first time when I was fourteen years old. I didn't want to leave the island, I enjoyed my time being surrounded by beautiful scenarios such as the beaches, old San Juan, El Yunque (which is a rainforest) and exploring more food choices within my culture.

Being independent is important to me because it boosts my confidence. I love being able to know that I did achieve something on my own. My independence has helped me with making better decisions, facing obstacles, achieving goals, and helping me with my self-esteem. Independence is preparing me for adulthood such as paying bills on time, taking responsibilities, and accepting downfalls.