Aerionna Thomas

CIT-110

Dr. Hitchcock

27 August 2023

**Outlook Assignment**

 My name is Aerionna Thomas, but I typically go by Aeri because it’s easier for people to remember and not mispronounce. I am a student-athlete and play on the women’s basketball team at Loras College. I also am a part of the Year 2 Leaders Program in Civic Leaders and am the Athletic Diversity Ambassador for BSU on campus. I’ve never been one to participate in extra-curricular activities outside of being a student-athlete before college, but BSU and Civic Leaders both display interest in advocating for change regarding social injustices, which is something I’m very passionate about.

I am majoring in Business Administration and would like to become a civil rights attorney while either owning a small hair care business or eventually open my own private law firm. I’ve never cared for working for other people in the short time that I have in my life so far, so managing my own business in the future is very important to me.

A cool activity I did in high school was go to the state capital and speak to House Representatives and Senators to continue or start funding the program that allowed me to take this trip, iJAG. iJAG stands for Iowa Jobs for America’s Graduates and taught me financial literacy, career-readiness skills, and eventually led me to be able to go to the state capital three times during high school. This trip was very important to me because we also got to sit in on votes for the passing of new legislations, and it was very intriguing to see how the votes turned out on very important political topics.

My goal for my academic life is to be better at starting my assignments as soon as I get them to prevent procrastination and eventually falling behind in courses. I’ve blocked off at least an hour or two a day to use for study time either during my class breaks or some time in the afternoon. My goal for my physical life is track what I’m eating and the nutritional facts every day so I can make sure that I’m putting the right things and right amount of things in my body to prevent burnout, illness, and any other physical harm while being a student-athlete. My goal for my mental life is to journal at least once a day to release any stress-inducing thoughts and feelings. My goal for my spiritual life is to research different types of religions or practices of spirituality once or twice a week to better determine which one I identify most with.



