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### Love Yourself First

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# *Love Yourself First*

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Instructed by Claire Barrett

# Purpose

Educate my first year students that it's very important to take care of yourself while valuing the characteristics that make up who you are. My best friend, **Sydney Hart** helped me find my beauty within myself again. Everyone has a purpose in this life and college is the prime time to discover new parts of yourself. Even when you feel lost you're never alone. Self love does not get the attention it deserves because individuals tend to put their needs last on their to-do list.

# Why did I come across self-love for my lesson?

- Last year as a first year student, my year did not go exactly as plan because I experienced losing a handful of people I valued, being on a diverse campus I started to compare myself to others, I was not happy how I looked on the outside which led me to almost forming a eating disorder and I would try very hard to love how God made me but I did not feel I was enough for this world.
- **HOWEVER**, there was a point that I hit rock bottom and decide to turned to my best friends for help because they started to notice I was heading down a dark path. Sydney stood out to me because she went through so much in her life and let alone her first year of college. She gets out of bed everyday and chooses to live life for HER. She does everything that made her happy by doing the things that she loves the most. Sydney loves to take care of the Cortland dance company and create new choreography.
- Sydney's courage and confidence inspired me to work on myself because she told me that I have to start seeing the many good qualities I have that she notices about me.



# You're Not alone

\*No matter what you're going through, there is someone out there who is going through the same things as you\*

This idea is CRUCIAL for informing others about the self-love journey because we all are going through something big or small and it's more than okay to ask for help. Fear tends to get in the way of getting the help we need because we do not want others to judge us based on the events we went through. But, once you let your guard down by being vulnerable, what you have been bottling up for a long time will finally be released which will make you feel better. Also, by telling someone what you're going through, they could potentially relate to you and walk you through every step of the healing yourself that they found was beneficial for them. Having someone there to listen to you is the best thing to have because you know that you have someone there to support and sort through your thoughts.

# Step by Step

I broke down the best ways to embark on this wonderful journey of finding yourself

- **Trust the process:** dig deep within yourself to find what makes who you are. Set mini goals for yourself whether it's making your bed in the morning or eating three meals a day. Celebrate every victory because a win is a win.
- **Healing:** reflect on your emotions about how you truly feel about yourself. Start to do things that you find happiness in. That can be through painting or going for a walk
- **Everything happens for a reason:** Sometimes life does not go according to plan which is okay because we can always redirect ourselves in the right direction by following our intuition. Every situation or person will teach you a valuable lesson that you will not forget. Learning from these lessons will let you grow into your power and not fall back into old patterns.

A photograph of a man and a woman working together at a desk. The woman, with long brown hair and a light-colored t-shirt, is smiling and looking down at a document. The man, with a beard and glasses, is leaning in and looking at the same document. A laptop is open on the desk to the right. The background shows a bookshelf. The image has a warm, reddish-orange tint and is decorated with abstract organic shapes in shades of orange and pink. The text "Lets creative" is written in a simple, black, sans-serif font inside a white, rounded rectangular area on the right side of the image.

Lets creative

# Activity time

Objective: Express what self love means to you through a creative medium

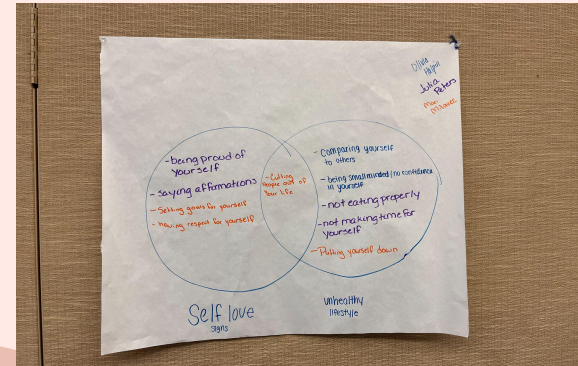
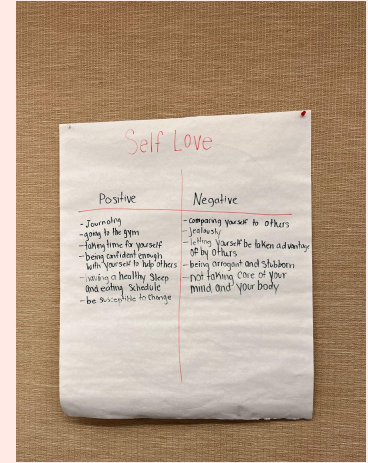
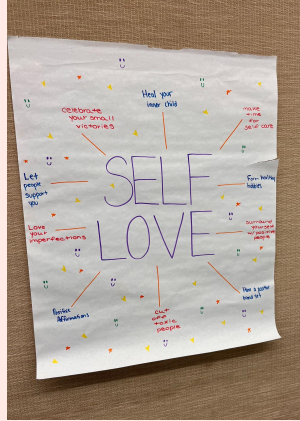
Each group of students got a big piece of paper and markers for this activity. I asked them what their perspective would be on the meaning of self love. Some students did venn diagrams, a list and made a list of positive affirmations. I played some relaxing music to help them get in the zone of working. After 10 minutes, each group got to share what they made and while sharing their thoughts.




I got to walk around the classroom to see the progress my students were making and I enjoyed seeing them work together so well. I felt like a teacher that day because I was the one in control and calling the shots. I can't wait to have my own classroom one day.



# My Student's work of Art





The one quote that they  
walked away with was....

“Keep Moving Forward”

Embrace who you are and how far you  
have come. I know so many people love  
you out there. Now, it is time to spread  
your wings and fly. This is the perfect  
time to discover who you want to be

# Outcome of my lesson



# Reflection

I enjoyed every second of making this powerpoint and showing off my thoughts to the public. I practiced my presentation on my roommates and Sydney was one of them and she happened to be touched by my presentation. Sydney is very special to me and she deserves to be shown to the world. Also, this topic is relatable to young women today struggle with loving themselves because of social media being a major part of our life and certain platforms stereotype what a women should look like. However, this life is up to you to dress what you feel confident in, chase after that dream job, put yourself out there and enjoy being you.



*Remember to always love yourself first*

