

Bethany Lewis

This class has taught me many different things. It has really helped me gain confidence in myself. It has fixed my posture enormously and people have even commented on it. Also, I never even realized how many negative thoughts go through my head in a day. Since this class, I try to turn every negative thought into a positive one.

It helped me with my wardrobe as well. I try to put different outfits together to create a new look. I also dress up for school more than I had in the past. Also, the class taught me the proper way to wash my face. Before this class I never wore much make-up but the class taught me the proper way to put my make-up on.

This class has had an enormous impact on my life. I feel that I have grown as a person since this class. It was a very beneficial.