

My experiences in Performance I have helped me gain so much more self confidence than I ever thought possible. I never thought I would be able to dance in front of 6 other people I had just met, or share my life experiences with them. I met a lot of new and different people taking this class, which has also helped me with my thought processes in which I am starting to think more positively about myself and others. I have learned not to judge a book by its cover, it's too simple to do that, you have to learn about the person. Through out my Saturdays with DeAnn, I have gone through some pretty tough times, my friends' death and my best friends' mother getting cancer, but going to these classes was a way to get away from reality for a while, and make me feel better for at least a couple hours out of the week.

I have learned many things in Performance I that are good to know in life to be professional, not only in being a model, but in all of my life. Putting on makeup was never important to me, I usually just put on some self tanner, eye liner, mascara, with some chapstick and I was out the door. I finally found out that I had beautiful skin without having to use self tanner, and that using the right colors on my face could really bring out the best features I have. Having the right walk can make me look more professional and more confident in myself, look more elegant and slimmer.

One thing I didn't like to learn about in this class was nutrition. I didn't want to learn about it because I didn't want to hear all of the bad things I was putting into my body! I have had a major change in diet lately, after hearing about all of the bad things in certain foods. I have started eating more protein and have changed from certain brands of food.

I am very glad that I decided to take this class, it has helped me get away, made me have fun, and meet new people. I won't ever forget anyone in this class, and I won't forget what everyone taught me. I would just want to thank everyone for being honest with me, and being true, and helping me be true to myself.