

Healthy Relationships

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Transcript

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Hi, my name is Kayleen Tam, and this is my capstone project, which is on healthy relationships. So, a little bit about me. My last semester at Boise State, hoping to go into the nursing program at a nursing school some somewhere, maybe out of state. I've been looking at moving to Texas. So, that's a little bit about me.

The background. I'm going to talk about the final product, and then a little bit about things I learned, and the impact, and the conclusion of healthy relationships. So, my background is about the topic. Like I said, healthy relationships. I kind of talk about the characteristics, and what goes into a healthy relationship, and how to obtain one or change ourselves, or our relationships in our lives.

And my motivation behind this was, because I feel like relationships have a big impact on your overall health, I feel like if you have a bad relationship in your life, it really impacts, it could be your physical, mental, and emotional health.

And this is really important to me, because I like to have a lot of connections with people, and I am working on myself and other people around me, because of experiences in my own life, growing up, things like that.

So, the final product that I did, I found that a blog was the best way for me to get my thoughts out, as well as, hopefully, make it into this project. But, because I'm better writing or typing than I am speaking. And so, I felt like a blog was a good way to just write entries of how I'm feeling that day, or my thoughts.

And also, I can go to it and look at it for myself, and other people can look at how I'm thinking, or what I'm thinking. So, show you my blog a little bit. This is what it looks like when you click on the website. And, well, I wrote a little intro about it. And then, when you go down, I have different categories of what I've written so far.

These are the main ones that I thought about, which is, "What makes a healthy relationship?" "Setting boundaries," "Practicing communication," and "Staying true to yourself," as well as "Cause of conflict." I thought, these were big key points in building a healthy relationship. And so, these are the ones I have written down so far. Some of them have, like, personal experiences and stories.

They all have some research I've done, throughout the semester. Some have videos that I thought were really important, or different, to put in somewhere, like interviews that I've done and things like that. And I'm hoping to continue this.

And, I just have it up and running now, so hopefully I will be sending this out to close friends and family, and make it public, and we'll see how it goes from there. So, some lessons and takeaways I learned during this process are putting things into practice, because I feel like everyone has areas of growth, and no one really has a good grip on what it is to be in a healthy relationship.

I'm sure many people do, but there are different things, like personality-wise within ourselves, that may be not always that good. But I learned to start putting things into practice throughout this process, with the research I've done and videos I've been watching, and things like that. So, that's been really useful in my life.

And being open-minded, that has also helped, because I've been trying to put myself in other people's shoes more often, and hearing them out better, and trying to understand why they're feeling the way they are. And it also brought to my attention a lot of stuff that I may not be doing, that I should be doing. Or vice versa: should stop doing.

The impact for myself is, these blog entries can really help myself in the learning process and growing as a person. My relationships. And this entire thing is not just about significant-other relationships. It's also about my family, friends, any type of relationship I have in my life. Acquaintances, and things like that.

And also, hopefully it impacts my readers to have some insight, or something to read if they need advice, or just someone to connect with, or also just a weekly read, to see what else I have to say about things, and what they agree on, or don't agree on, do differently, things like that.

So, my conclusion. I really want this to affect my future, obviously in good ways. So, this is not only present time, good relationships and healthy relationships, but also, I feel like it'll help me leave unhealthy relationships, or fix them, or come into new relationships with a different perspective, or ways of doing things, as well as for my future.

I want to be a nurse, and so this can also affect how I go about relationships with patients, as well as co-workers or doctors, and things like that. And, hopefully, depending on how this goes, and I feel like it's been really self-soothing to write in a blog, I could keep this blog going.

Weekly, or whenever something comes up, new ideas. I could just start posting, like, new videos I find, or conversations I've had with people, and things like that. So yeah, thank you for watching my capstone presentation.

END OF TRANSCRIPT.