Learning is a process in which various experiences and events serve as a channel to decode those experiences as positive or negative. However, in both circumstances, we learn how to deal with the positive and the negative.

I am a girl, born and brought up in a bit conservative family in Bangladesh travelled to Kamloops, Canada, all alone for my studies at Thompson Rivers University at a very young age. As the only female child in my family, I've always been the centre of attraction and pampered. However, I have always been fascinated by exploring new countries, cultures and people, which have inspired me to take this challenge and fight it all alone. Coming up here, initially, things seemed a bit upside down for me. For example, living up all alone, renting houses, feeding myself, searching for jobs and doing it, taking buses and studying altogether has been difficult for me to manage at my age. I'd be lying if I said everything went smoothly and that I quickly learned how to survive. Even when I had doubts about my ability to persevere, I had individuals around me who were always willing to assist me when I encountered obstacles. On the other side, I saw many individuals my age overcoming these obstacles, which pushed me to do the same. I maintained my patience and put my faith in the process. Instead of thinking the total, I established a plan to diversify, which allowed me to perceive the issues as minor concerns. Because everything appeared to be so large, I was terrified of starting it all. But once I started taking it one at a time, it went down smoothly, albeit inefficiently, and I learned to survive on my own. From being a parent's child to be a confident, self-motivated, and ambitious girl, there has been a clear shift in learning and experience that has shaped me into the person I am today. There has been an evident shift in my knowledge as well as my identity also.

Another learning process I had to go through was learning about the culture of Canada. I come from a place where collectivism is a way of life, but I had to adjust to the individualistic culture when I moved here. Everything we used to do in groups, such as going out, eating in restaurants, and even going to tuition, was done in groups, although it was different from my culture. People here are self-reliant, which, in my opinion, helps to increase problem-solving efficiency and confidence. However, my life in my home country was straightforward but acclimating to Canadian society. I began to enjoy my time here since I had always desired to be self-sufficient and earn my living on my own. I've lived in Kamloops for the past three years and saw both individualistic and collectivist cultures. If I were to distinguish between the two, I would say that the culture in my nation is a bit spoiled, reliant, and dependent, which, in my opinion, impedes the capabilities, potentials, and growth to some level. However, here, people cover themselves, which enhances psychological confidence and morale, resulting in a competitive, encouraging, and cheerful environment, which I enjoyed the most. So that's been a positive shift in my learning and experiences, which nurtured me positively throughout these years.

Learning is something that continues to grow over time and experiences. It varies depending on where we go, who we meet and become close to, how we communicate different cultures and traditions. We learn to differentiate between all of these things as well as the advantages and disadvantages of each. I feel lucky to have had the chance to experience so many different types of life, all of which have helped me grow as a person.