# Data D1- Theme 1 Sub-theme 1

|  |  |  |
| --- | --- | --- |
| **Theme 1: Self-awareness, grit and optimism/resilience as factors influencing student success** | | |
| **Sub-theme 1: Internal factors/ qualities** | | |
| **Category** | **Participant** | **Quotation** |
| **Beliefs** | Mandisa | "I would say that I value my morals, I would say I am a person who sets morals for myself and everyone around me, you know, any kind of relationship should have morals." |
| Khensani | "What I value about myself is my faith and my intelligence" |
| "The most important thing is I believe in God, and I also believe in myself" |
| **Emotional Intelligence** | Gwen | "What I value is my uhm my EQ " |
| "my ability to be compassionate but at the time not letting myself be walked all over" |
| Lebo | "I also value the fact that I have like the understanding when it comes to different personalities" |
| "when I talk in most cases like, people relate but people trust me" |
| "I’ll be able to understand, like I think everyone around me they enjoy my company because of, Mm I don’t fight with people. Like I find reasons to why they acted the way they did, and if ever there is something I don’t approve of they will know, they will know" |
| **Compassion/ empathy** | Thembi | "I’m kind hearted and it’s not something you mention when they are looking for characteristics" |
| Terry | "Sympathy, my caring, the way I look after people, my sympathy. Like, I have sympathy in almost everything. Anything that doesn't go well, it really touches me and all that stuff." |
| "Trying to give myself to anyone who's really in need of me" |
| Lebo | "I focus so much on the impact that I have on either my kids or the community in general" |
| Gwen | "My ability to be compassionate" |
| "A lot of people just want to be listened to and it’s not about you agreeing with them it’s about you giving them a chance to speak their opinion or speak or tell you a different way to do something so." |
| Mandisa | "My kindness towards people" |
| **Goal Oriented** | Khensani | "After university and up until now like I’ve learnt to like believe in myself more in myself and for fighting to get what I’ve set for myself." |
| Gwen | "Whatever I put my mind to I can do and I can do it excellently, if I want to" |
| Mandisa | "I am a go getter," |
| Thembi | "When I want something, it doesn’t matter if I have to go from detour to get there. I will do what needs to be done." |
| "Achieving the goals, I set for myself" |
| **Confidence** | Gwen | "I’m so much more confident I believe in myself way much more now" |
| Zolani | "And what I love about Zolani is, he’s a people's person" |
| "He always finds a way in whatever challenges he’s faces." |
| Khensani | "I also stand up for what I believe in and also stand up for myself in any possible way or situation" |
| **Optimism/ resilience** | Thembi | "In the end I always overcome whatever challenges that come my way" |
| "I always thrive." |
| "First thing I value about myself is the fact that I’m resilient" |
| Gwen | "I never give up, especially if I want something, uhm if I don’t want something I can be like no its fine, but if I really want something I’ll be like I will get towards it and I will somehow get it." |
| Khensani | "there were a lot of thing that could have led me to giving up but because I told myself that I need to get this degree, I need to do something for myself, I need to do something in my name" |
| Zolani | "He always finds a way in whatever challenges he’s faces." |
| Mandisa | "I don’t give up" |
| **Intelligence** | Khensani | "What I value about myself is my faith and my intelligence" |
| Mandisa | "Other things I value about myself is the knowledge that I have" |
| "Always open to learn new things every time when I look back, I realise that I always start something that is completely out of my comfort zone and I'll strive on it" |
| Gwen | "Adapting to a situation and actually being like how do I best utilise this for myself in order to actually succeed" |
| "I don’t believe that I know everything so it’s nice when you get another person opinion even if you end up not agreeing" |
| Terry | "Take whatever information that you got and try to put it into practice or try to find a solution or new way that you can use that information to solve the challenges" |
| "I like to, to, to like, yah, to explore stuff, to look for new invention, and new, like, anything that can be able to come and resolve challenges that we face as a world, but particularly South Africa." |