

## Timelines Emerging Themes-Data source 'D': obstacles and how to be overcome

Participant	Achievements	Challenges	Lessons learned
<b>IP16</b>	Successfully represented her province at a Scripture reading industry competition, top ten Awarded 3 certificates during farewell occasion	Raised by grandmother whilst biological mother still alive (child feels been neglected). Betrayal by trusted friends[narrative, hurtful experience]	Do not beg someone to be present in your life, if she doesn't, just walk away and focus on your own life (high sense of control and confidence of life events). Try to work hard to become what I want in life and change my family's background (concern for a better future)
<b>IP33</b>	Academic performance achievement, was 1 <sup>st</sup> to get 4 stars at school. (Self-knowledge vs positive self-concept)	I lost many friends due to my bad attitude and responding badly to adults (self-exploration and awareness, understanding the self)	Learning from others is better than making mistakes. Ask if you do not know, do not act as if you know (curiosity, yearn for better knowledge)
<b>IP20</b>	Passed with flying colours, became proud of myself [positive self - concept]	Once spent my life with no one to call a friend. I was shy, confused in 2019 when it comes to choosing careers that suit me the most (self-discovery, career exploration). I broke my leg when I was 11 years, it was tough, also lost my dad when I was 2 years, I do not know why God took him from me. Once spent my life with no one to call a friend (hurtful experiences)	Want to have my own family and have money. I owe my mother big time. Want to work in a career that I have studied for (sense of responsibility)
<b>IP34</b>	Top achiever in my class in 2011, top player in 2013, got a medal and a trophy, 2015 was given a trophy of leadership in my church (self-knowledge vs positive self-concept)	Failed grade 7 in 2016 due to bad friends and lost focus to school work (self-exploration).	As a person, you must have a goal to follow till you achieve. I have learned not to listen to my friends when they give bad advice, because you end up doing nothing with your life (Goal setting: self-exploration and discovery)
<b>IP30</b>	Was chosen the best learner at my school in 2017 (self-esteem)	Once suffered bullying at school in 2010. I failed June Exams for the 1st time in 2017.	Choose friends wisely (self - discovery)

<b>IP26</b>	Won a trophy for best singing at church (self)	2012 -2019 parents involved in a car accident, and other challenge is that they were jobless, life was so complicated (hurtful experience)	Learned to deal with my own problems, not depend on other persons (control over own life)
<b>IP21</b>	Nothing mentioned itr	Coming from a poor family (unfavourable socio-economic background)	To know my family, and to assist some people if they have problems (social responsibility)
<b>IP23</b>	Was once a top learner at school	Lost my grandmother after she got sick. 2019/20 disappointed by COV-19 (hurtful experiences)	Don't rely on other people, learn to stand on your own. Never trust other people cos they change. Be careful whom you push away, bcas some of them never come back (control over own life)
<b>IP49</b>	Winning a competition at church. Helping those who are heartless to heal	Losing both my Grannies in 2019 (hurtful experiences)	Never depend on someone. Do what your heart desires. Take good advice from people who want the best for you (control)
<b>IP18</b>	Was the best learner in primary school in Social Sciences, Want to work as a Commercial Pilot/business woman (self-knowledge)	Struggled to accept that I was raised by a father, bcas my mom has never been there for us cos she was working so that we can get food. I needed both parents in my life, to be there for me. Sometimes I felt neglected by my parents and my friends. I was going crazy, but now I notice it was painful (personal development, self-understanding, growth, maturity)	Learned that I have to believe in myself, trust myself, have confidence. I realized that I don't have to live my life to make people happy. I have to live my life truthful, love myself just the way I am (self- discovery, self-knowledge, positive self-concept: turning pain into gain)