

Hi Damilola,

It was great meeting you earlier. As discussed, here is your first assignment, you are to write a self-reflection essay (around 1000 words).

**Assignment Title:**

**“Understanding Myself Through the Lens of Soil Mechanics”**

**Objective:**

This task is designed to help you reflect deeply on your personal and academic journey—your strengths, weaknesses, interests, and challenges—while applying soil mechanics concepts creatively and meaningfully.

**What to Include in Your Essay:**

Please reflect on the following:

1. Your personal strengths and weaknesses
2. Your interests and passions
3. Areas of concern or current challenges
4. Past successes and failures—what led to them and what you learned from each

Use basic soil mechanics concepts as metaphors to express your experiences. Here are five examples to guide you:

- **Plastic Limit & Liquid Limit**

If you felt overwhelmed, you might say you exceeded your *plastic limit* and moved into a *liquid state* where you lost your strength.

- **Semi-Solid State**

If you regained control and composure, you could say you moved back into the *semi-solid zone* where you feel more stable and grounded.

- **Weathering**

If you overcame a long-standing challenge or hardship, you could describe it as *gradual weathering*—where persistent external forces shaped and strengthened you over time.

- **Sieve Analysis**

If you had to sort through competing priorities or responsibilities, you could describe the process as doing a *sieve analysis* to separate what truly matters from what doesn't.

- **Shear Strength**

If you held yourself together during a particularly stressful period, you might say you relied on your *shear strength* to resist internal breakdown and keep going.

Requirements:

- **Length:** Approximately 1000 words
- **Use at least 30** soil mechanics terms metaphorically
- At the end of the essay, include:
  - A glossary defining each soil mechanics term used.
  - A list of references (textbooks or scholarly sources) you referred to while writing —use any standard citation format (APA, MLA, etc.)

**Learning Outcomes:**

By completing this assignment, you should be able to:

1. Develop a deeper understanding of yourself through structured reflection
2. Communicate abstract engineering concepts through creative, real-world analogies
3. Strengthen your fundamental understanding of basic soil mechanics by connecting technical terms to lived experiences
4. Improve your academic writing skills.

**Deadline: No deadline**

Let me know if you have any questions. I'm really looking forward to reading your unique story.