

# Jorey Brianna Stanley

*Class of 2017*

**Major:** Environmental Studies

**Concentration:** Conservation

**Minor:** History and Spanish

**Heritage:** American

**Hobbies:** I am outdoorsy, so I enjoy interacting with the natural world in different ways. I watch films; one can learn a lot about the world through the art of cinematography. I also love to volunteer, and I am a strong advocate for uplifting underserved communities and giving a voice to minorities.

**Study Abroad:** Belize Short Term Spring: 2014 / Cuba Short Term Spring: 2017

**Organizations Involved:** YWCA-GLOW, Black Student Union, Centro Hispano Embajadores, Asian Student Association, Sierra Club



**Where do you work?**

UNCW Recreation Center / New Hanover Crop Research Station (NC State)

**What are your top 3 accomplishments?**

1. Gaining a consciousness about my race and culture beyond the limited exposure I received as a child was a life changing accomplishment. Contextualizing my identity as a black woman in the all-white spaces was difficult, but has enabled me to understand who I am, how I can help others, and the importance of fostering diverse communities.
2. Recognizing, understanding, and receiving help for my anxiety is another one of my greatest accomplishments. Though many are unaware of my condition, it has been a mentally debilitating struggle maintaining an academic, work, and social life while navigating my anxiety. For many who do not understand anxiety, it may seem exaggerated or even non-existent, because outwardly those who suffer from it may seem fine. I was not fine, and I was in a space where I did not feel comfortable or safe letting others know I was in a mental torment. I withdrew myself from many of my activities, but decided to receive therapy for my anxiety, and now I am gaining back some control over my life I did not feel I could have again.
3. Graduating college after my parents have worked so hard to allow me to live such a privileged life. I cannot thank my mother enough for giving me an opportunity: something she rarely had growing up in a poor coal mining town, raising two bi-racial children in an all-white area of the South as a single mom, and working multiple jobs. I also would like to thank my father.

**What's after college?**

I will hopefully spend my post-undergrad summer traveling. I am taking a one-two year gap before graduate school and pursuing a Master's, because I want to gain a little more experience working and discovering what I want to focus on with environmental studies.

**Dream job?**

I have not figured that out yet.

**Any advice to the generation rising at UNCW?**

My first piece of advice would be to take care of yourself both physically and mentally. You are not making it up. You are not exaggerating. You are not weak or broken, because you may need help coping. Do not let the stigma of mental health issues keep you from doing what you need to do to be well. Even if you are not struggling with a specific mental health issue, still take time to do things that replenish you and give you purpose. On that note, figure out what gives you purpose and do it. Challenge yourself, but do not overwhelm yourself to the point where you do many things but they are mediocre. I have done

many things well and many things mediocre. Be mediocre, because that is the process of learning, but when you recognize mediocrity, do better. Help other people always and take the time to truly learn about other people.