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## English presentation



Hello I hope you are very well my name is Jessenia Lizbeth my last names are Cruz Monzón I am of Mexican nationality, I was born in Tuxtla Gutiérrez Chiapas,



but due to various family situations my parents decided to return to live where we currently live for 15 years ostuacán Chiapas, where I studied preschool, primary and secondary school which were not so good years because I was not very social with my classmates, in all those years my parents had two more children, my sister who is currently 13 years old and my brother who is 3 years old by the way are called Brizia Michell and Andrick Jesé.



I decided to study high school in another high school where my former classmates were not, I studied 30 minutes from Ostuacán at the Nuevo Xochimilco high school where I had a great time I met many people and it is a place that I keep a lot of affection because I learned to talk more to develop myself as a student and even a teacher encouraged me to practice poetry, something that was difficult for me and I must admit that I was afraid of it since I had to speak in public, Currently, I decided to study nursing at UDS because I love helping people, I also feel that the health sector is something very nice in the aspect that you help people to maintain their health or even to be able to find a cure for their I also chose it because medicine calls my attention to one of the careers that I would have liked to study, but unfortunately I could not study for that reason I have the purpose of preparing more in this area of health, my purpose is to finish the degree and specialize in the surgical area.



Now I will tell you what I normally do in my free time: during the week I work from Sunday to Friday from six in the morning to two in the afternoon after work I go home to rest for a while and then do homework for a while and depending From the amount I have, I see if I am going to exercise or if I stay at home, then I go to bathe, I put a little music until I fall asleep, on Saturdays I connect to have classes by zoom and from two in the afternoon onwards I go to eat and do homework.