# SST Podcast S2 - Episode 1 - Sean Maston

[Eddie]Welcome to Going Online with Oregon University State Ecampus. I'm your host, Eddie Rodriguez. The Student Engagement Program Manager with Oregon State Ecampus. I'll be giving you the low down on resources and tools for online learners across the globe. Ecampus serves more than 13,000 online learners each year through over 100 online degrees and programs.

Let's get into it. Welcome everybody. Welcome to another episode of Going Online with Oregon State University Ecampus. I'm your host Eddie Rodriguez. And today I have the absolute pleasure of introducing you all to one of our talented gifted Ecampus students. Who has just a lot to share with you all today and hopefully give you a peek inside.

To what it's like being an online student while taking on life as an online learner. So without further ado, Sean, welcome and yeah, feel free to just kick us off by introducing yourself, where are you from? Maybe kind of your current area of study as well.

[Sean] Absolutely, thank you so much.

It's an honor and a pleasure to be here chatting with you. My daddy said my name is Sean Maston. I'm an Ecampus student, currently majoring in botany and I'm concentrating in marine ecology. I'm in my fourth year so we're getting close to kind of wrapping things up. Yeah, and just I'm looking forward to the conversation.

I appreciate the opportunity to share my story a little bit, so thank you so much.

[Eddie]Yeah, absolutely, Sean, and sorry, I don't know if I caught it, but where did you say you're originally from, or did you grow up?

[Sean] Yes, so I grew up in a small town called North French, Michigan.

It's like a really rural sort of midwest West conservative area, farmland up there. But yeah, I grew up in Michigan and then 17 years old, I hopped out. The adventure started.

[Eddie]Okay, and what do you, I guess, yeah, what do you mean by that? So you grew up in the Midwest, I'm sure was a unique experience there.

But at 17 I mean that it's definitely at a really young age there in some ways. But what does that mean for you in terms of making that stepper or starting the adventure?

[Sean] Yeah, I joined the Coast Guard, and I just wanted to see the world.

I wanted to get out of my small town and experience bigger things and so I joined the Coast Guard. And there were many reasons for that but I ended up getting stationed right off the bat and Petersburg Alaska on a ship. And it was crazy.

So kind of a gypsy I guess I've moved around a lot growing up And moved around a lot with the Coast Guard and I moved around a lot after, so I'm sort of a traveler, but yeah.

[Eddie]Yeah, and I mean, not to maybe pry too much.

But if there's one specific reason you can speak to. In terms of why you decided to pursue this adventure within the Coast Guard. What is that if you feel comfortable sharing?

[Sean] Yeah, growing up, I really didn't take school too seriously high school. It wasn't my favorite environment, I was really into my sports, I was doing martial arts and I was competing.

At a high level, I was competing with Team USA and national tournaments, and I just, my whole focus was into that. And I did kind of the bare minimum to get by in high school. And my small town sort of culture was very hyper patriotic. And a lot of people were joining the military, and my brother joined the Marines.

I made assumptions that maybe I shouldn't have made about what my ability would have been to get into college. For being able to pay for it and having the grades for it. I sort of just funneled myself into, okay, well, we're going to join the military and that's going to be our ticket out.

To open doors to better things, and maybe school down the line. And then everybody sort of came to my high school and the Marines and the Navy and the Army. And they all were throwing their pitches out in sign here. And the Coast Guard wasn't there and I had promised myself I was going to talk to everyone before I made a decision.

And when I went to see them, they were kind of like, we don't really need you. We want people who are performing high in school and we take people mostly that have degrees. And this is kind of what we're about and there's a long wait list and it.

I sort of left the office thinking like, yeah, I just felt challenged by it. I was like, I'm going to make them need me, like I'm going to get in there. And I think that's maybe the one. And I just like the idea of I sort of settled myself in that place of uncertainty that we're all in in high school.

And just decided I want to just try to save lives. Just had this really romantic idea that I wanted to just do something big and grand and tackle my fears. So yeah, I joined the Coast Guard. I just hoped I could travel far, see the world, help some people and see where it took me.

[Eddie]Wow, I mean that in itself is kind of a very incredible story without necessarily hearing all the. I'm sure of all the experiences that you had. But the fact that even just in high school you were sort of this person that was very competitive. And in a lot of ways probably very gifted with in terms of like the physical aspect to then find yourself in the Coast Guard.

I'm sure was pretty incredible even though it sounds like at first maybe they weren't necessarily. I wouldn't say not welcoming but we're making it clear that like, this is sort of the profile and that kind of motivated you in a lot of ways. So that's awesome. But I'm curious, was anyone in your family in the service or anything like that?

[Sean] Yeah, I've had a couple of people, my grandfather, my brother, like I said, was in the Marines. Some other distant relatives have been in the Navy. And yeah, I've definitely had a couple of people in my family who've joined the service and I'm really glad I chose the branch that I did.

I just had the best, the best adventure, the best experience. And yeah, definitely. I'm the first Coast Guardsman, though, in my family.

[Eddie]Yeah, well. Well, wait, way to pioneer.

[Sean] On that end.

[Eddie]But again, that's awesome, I appreciate you sharing a little bit. Because we, yeah, we do.

I mean, here at Ecampus, I mean, we definitely have a lot of students who have a military background. Or maybe are even currently in the service. And so kind of hearing your journey is, I think, hopefully in a lot of ways maybe validating other people's experience.

So, again, yeah, I really appreciate you kind of talking us through that a little bit. Now, okay, so you join the Coast Guard and how many years of service did you end up serving?

[Sean] I did six years. I had three different duty stations in Petersburg, Alaska, a short time in Michigan on the Great Lakes.

And then down to Charleston, South Carolina, where I was a bit of a bit bigger ship. And we spent a lot of time sailing around in the Caribbean and such. So it was six years in total, and I think four years in total on ships with a little in between at shore stations.

It was a long haul but I've made it through.

[Eddie]Yeah. And what's that like being on a ship? I mean, I actually have never been on one, the little boats and stuff like that. But what was that first experience like knowing that okay, I'm going to be on this ship for a while and I'm here, and it sounds like the first place was Alaska?

[Sean] Fantastic, good, I just felt like I had a free cruise through Southeast Alaska. It was really cool, mind you, it's difficult sometimes. I mean, for a while, I had to live on the ship, and it's a lot of work. Alaska too is a very special place, and to be on a boat for an extended period of time, sailing around that area, it was outstanding.

But more than that, I mean, the ship is, of course, the means of getting around. But the Coast Guard itself, the entity on our little island that we were living on, really represented a connection to the fishing community there. And trying to handle some really big issues, maritime safety and environmental protection.

I mean, the whole system up there is based around the fisheries, and it's quite serious. And I really enjoyed the opportunity to connect with people and to learn from them about their livelihoods and their way of life. And this was all sort of the birth of my interest in marine sciences, I just got to start connecting with people and having these sort of unbelievable experiences in nature.

Yeah, it was really special.

[Eddie]Yeah, and I appreciate you kind of bringing that piece kind of in some ways now, beginning to be inspired in a particular academic area in terms of marine sciences. So I mean, that's really kind of my next question, is sort of where along this particular journey.

You've left high school, you're in the Coast Guard, where in that sort of period did that idea of like, I feel like now I want to go back to school and kind of pursue this interest?

[Sean] It was definitely in those first couple years that it started entering my mind that I would really like to study biology, marine biology, and that was something that piqued my interest.

I think I crippled myself a little bit by continuing my preconceived notions that I had from my little small town in my transcript as it stood about my chances of making that happen. And so I pursued a lot of other things. I really was out of the academic arena for a good decade before I decided to come back with some courage, which actually was driven by the COVID pandemic, which is a whole nother story.

But yeah, the exposure just to nature and to the fishing community up there kind of simultaneously really started opening my eyes to some things that I didn't know and I was just a sponge. I was absorbing everything about what I was seeing around me, and there were so many things that I saw.

Everything from just we would be out at sea and I would see trash, or learn about some of the big oil spills up there and the responses to that. I went to a fisheries school, where we discussed so many ecological concepts about protecting species and fisheries, and just having a better relationship with the management of that system.

And yeah, it started turning the wheels for me, man. And then as we kept going and I traveled more places and I saw more things, I started to kind of just see more of the human impact on the environment and what was happening. And had some really interesting visits to Puerto Rico and Key West and some other really fantastic ports, where I get to kind of interact with these coastal communities and observe firsthand their relationship.

To see and how much it means to them and what it affects, and yeah, all the interest started there. And then finally, I had got out of the Coast Guard and I moved to all over the place. But I moved to San Francisco and I was working in the fitness industry there, when the pandemic hit, we couldn't go to work because everything just shut down.

And so after a little period off, I just decided maybe this is the time to stop with all the reasons why I can't and to just get it done. And I applied to a couple universities, and I was actually denied, And I had to start from scratch. I had to go back to City College of San Francisco, to a community college, and fix my transcript, and then I ended up transferring into OSU later on.

[Eddie]Wow, now, again, I appreciate the sort of story and narrative here that you provide. How that all transpired, as someone who grew up on the coast myself, I grew up on the coast of Oregon and Coos Bay. I know how important it is for the community, right, those coastal communities, in terms of you look at the fishing industry, and it's just been impacted so much by x, y, z.

And those environmental factors, I think, are really important to definitely keep in mind. And the fact that you are in a lot of ways really kind of on the front lines and experiencing firsthand how this impacts those communities, I think, is incredible. And I'm glad to know you're pursuing that because we definitely need people in those industries, in those areas, kind of doing that work.

And then on the other hand, too, as you're kind of talking about, you obviously transitioned out of the Coast Guard and were in a couple different places. But then that kind of story of COVID, I feel like there's quite a few students like that who experienced some challenges. Yeah, at Ecampus, we had a lot of students who are unfortunately either laid off, or yeah, just lost work, right, and so having to pivot a lot.

And there's a lot of students like, yeah, I'm coming back to school, because yeah, I don't have a job and the pandemic's kind of impacting things, so.

[Sean] Yeah.

[Eddie]And similar too, as you were saying about maybe academically speaking, perhaps maybe not sort of a level where you would hope to be.

And those denials from institutions are never fun, but glad to know that you found your path and you found your way. And starting at a community college is never a bad route. So-

[Sean] It's a great route.

[Eddie]Yeah, and so were you at the community college for a year or a couple semesters, or how long were you there?

[Sean] I think it was a year and a half before I transferred into OSU, and it was great. I mean, it was a little bit bizarre, it wasn't quite what I expected. When I thought about going to school, I had this image in my head of a really in-person experience, and I didn't really have a narrative for what an online experience would look like.

But that's what I jumped into head first, and that's what everybody was transitioning into at the time. And it was a really good learning time for me, but also, it seemed like for the teachers at that school, and everybody was sort of just adapting so fast. By the time I got to OSU a year and a half later, a lot of things had been streamlined, it seemed, and the experience here was just crazy right off the bat.

It was really fantastic, so yeah.

[Eddie]Yeah, no, well, again, kind of glad to know that in terms of that maybe kind of onboarding transition process to Ecampus here with OSU went well. Because I know certainly, yeah, again, the pandemic definitely impacted a lot of institutions in a lot of different ways in terms of making that transition.

But we've been online and serving online programs for quite some time, so I think having that experience is definitely sort Neil helped us and it's validating for you to kind of say that, yeah, it's been good. So-

[Sean] 5% it was a really smooth transition and there was so much help.

I mean, there's so many people who made that possible. It was really comforting.

[Eddie]Yeah, but I'm curious backtracking a little bit. I mean, I imagine, it maybe have to do a little bit with obviously the some of the programs that we have to offer. But, I'm curious how did you stumble upon or find Oregon State University as your institution of choice?

[Sean] Yeah, originally because I left City College of San Francisco. My partner and I actually moved to Amsterdam when he got a job as assistant professor here at a university. I tried to get into the schools here, but there was a little bit of conflict with trying to show that my transcripts aligned with the Dutch requirements.

And it was taking a long time, and a friend recommended he was like, why don't you just see what's available online. And I just Googled for fun online Biology degrees and I checked everywhere. And I did really thorough research on every possible program I could find that might fit the criteria that was going to get me to where I wanted to go.

And OSU is just looked the best, it was one of the first ones that had come up. Luckily, my partner had actually been to OSU earlier for a conference and could speak to some of the professors there and said it seemed a really good school. And I had applied and got accepted to a lot of places at that point, but I decided OSU just because I like how it looked.

I liked the resources and the communication I was having with people. And yeah, so it all started with a Google search.

[Eddie]Yeah, no, that's awesome. No, I'm glad all the extensive homework, if you will definitely helped you in finding a home with us. And that's great, because I know, there's a lot that is out there.

And so, again, knowing that in your search, you found that we had some great programs is exciting here. But okay, so you get to OSU Ecampus. Now, you're living in Amsterdam. I mean, that just all seems like a really big transition. Yeah.

[Eddie]How did you manage that?

Because oftentimes, we hear students who are, again, maybe they're already working. They're living in a different state, different country, and they're thinking about studying online and they're a little nervous. So, how did you manage all of that?

[Sean] I think it took a minute to sort of adjust to the new normal, if you will.

But really, I had a couple of good chats with my partner. And I think having some support at home is really helpful and having somebody who's behind you and understands what you're going to be going through is really helpful. And just being a really good manager of your own time is essential.

So, I mean, I'm working as well. I work 30 hours a week and I do school full-time. I pretty much max out the credits every time, just because I'm on the GI bill and I'm trying to get it all in there, before time runs out. So I take as many classes as I can and I work.

And it's a big decision to do an online program, you really have to be honest with yourself about your time allocation and what you can commit to that. And so I think part of managing it is the honesty with yourself, with your schedule and what you really can commit and how much you can really handle given your circumstances.

And everybody has so many different unique circumstances coming into OSU, no two students are alike. So it's a really personal thing, but I think everybody can find common ground with just understanding that there's going to be a big chunk of your time that's dedicated to that. And figuring out how you're going to work that into your schedule.

[Eddie]Yeah, I think you make a really good point, right? It's very much a one personal choice to go back to school, but then also a very much based on your own circumstances, how you will manage everything. And some might have to sacrifice one thing or rearrange something.

[Sean] 100%.

[Eddie]So, 100% agree with you on that. But I'm curious, just maybe for our listeners out there, if you can walk us through what does a typical day or week more or less look like as you're balancing 30 hours a week of work and school work.

And then you're obviously probably trying to have a life. Yeah, is there anything you can share about how that looks like to you?

[Sean] Yeah, we try to work a little bit of life in there, but I wake up and head to work 7 O'clock in the morning.

By 1 O'clock, I'm leaving and I walk home, Amsterdam, of course, walking the city, right?

[Eddie]Steal my car when I came here, so I have my moment of walking. It's my sanity moment, and then I get home half hour break. And I'm right into studying and usually that continues until somewhere around 11PM on your average day, some days, more, some days, maybe a little bit less.

That's my experience because I'm choosing to take four or five classes a term. I think your average full-time student who's taking 12 credits, could expect to spend a large chunk of their afternoon evening working on the courses. And then my partner and I love just exercising and walking and at least three to five times a week.

We're trying to get to the gym, or do a really big walk just step away from it all. And then, I protect my Saturdays pretty hard. I really try to not have work on Saturdays as best I can. Sometimes it doesn't work out, but most times I try to just have that off and, Sunday is my day to just wrap up everything.

And if I have to stay up late or whatever it takes that day, I'm Sunday's dedicated fully to just going into the next week prepared. So it works for me. It's kind of how I've found my pattern for the last two years. It seems to be managing well.

But I think everybody is so different. It's hard to say that that would work for everybody, but that's an average day.

[Eddie]Yeah, hey, no thank you, I totally agree again. I don't think there's one specific formula anybody can necessarily follow. It's all going to be dependent on circumstances.

There are students, right, who are also raising a family. And so perhaps they only have Monday through Friday and then those weekend days are dedicated solely for family time, and that totally makes sense. But I also appreciate you kind of talking about the importance of also what I like to call is like self-care.

I imagine going to the gym and doing that as an aspect of that and aspect of well-being. And I think that's also really important as a student learning online, like I think having that outlet or whatever it might be. And finding balance is a good way to kind of just not burn out, because doing everything all the time at 100% can get exhausting.

But again, I know sometimes circumstances arise where it might not look like that, but still having that outlet is key.

[Sean] And it's my, too, what choose to really, it's about what each student wants to get out of their classes. What experience do you want to have at school.

Do you want to just graduate and get the degree and head on your way? Or do you really want to dive in and just milk it for everything you possibly can? And I'm sort of the latter where. I really go through everything and I just look it over and over again, and try to really absorb as much as I can.

But I don't think that that's, again, everybody's experience.

[Eddie]I am curious, Sean, as you were kind of talking, you make it seem right that you're, yeah, you're managing everything fairly well and you have your strict routine in some ways and what maybe not strict, but you have your routine of your work and your school.

But I'm curious, has any challenges arisen, especially-

[Sean] Yeah.

[Eddie]As it relates to kind of your schoolwork?

[Sean] Absolutely, yeah. I mean, life is happening, right? We're living in a fast world and things are coming up, and it's not a stable environment. Everything is just so dynamic and there's so many moving pieces on the board.

But that's the beauty of the online education is that you get to drive that schedule management, you get to really allocate your time and you could pause your lecture and leave if you have to, and come back and not have missed anything. And it's a trade-off to a campus experience.

It comes with great benefits and some things you don't get like you would get in a campus experience, but you just capitalize where you can. And yeah, of course, so many things are coming up and it's hard sometimes to just have enough hours in the day, it seems like.

But overall, it's not too bad managing everything and adapting where necessary.

[Eddie]Yeah, and then some of those challenges do arise, and again, my mind goes into some of that academic realm, but of course, life also happens. So whether it's a personal life circumstance or an academic situation, is there a resource or anything that you have found helpful that you kind of gravitate towards?

[Sean] I think the most helpful was just, as far as keeping me on track with courses, is you can adjust your Canvas page to have your to-do list sort of come up. So, I mean everyday, I really look at what's due that day and what's due through the week, and I make a mental map sort of what I'm going to need to do to adjust.

And then on the backend, just, I think, leveraging whatever support system you have at home to help you with that is not a bad thing. I'm really lucky to have my partner who's an academic and super supportive of what it takes to kind of go through this program.

And I know everybody doesn't have that. So it's really fortunate.

[Eddie]Yeah, no, 100% not everybody does have that kind of support corner. But I think if you can kind of maybe even build that through the services that might be available at your-

[Sean] Yeah.

[Eddie]Institution, I think here at OSU Ecampus, we try and kind of promote a lot of the help and support that is there.

But yeah, being able to have that kind of point person or someone within your personal life to kind of be able to vent or decompress is really helpful.

[Sean] And Ecampus empowers you. As an online student, you're sometimes, I think maybe, especially for more introverted people, you sort of feel like you're in your own bubble.

But you're really just a click away from any resource you could possibly need to help you get wherever you're trying to go. Student services, student success coaching, your advisors, your professors. Everybody's super responsive and super interested in helping. And OSU is, universities in general, very much a business, but OSU, it's a community.

It's full of people who really want you to succeed and who really care about your experience. And it's sort of on the student to reach out and ask for help. I mean, it's part of that online trade-off, right, is nobody's walking around the classroom and seeing that you've been staring at an empty paper for an hour.

If you need help, you got to reach out. And there's every possible resource to do that from the library to writing coaches and mental health services. There's so much available you should be willing to ask.

[Eddie]Yeah, I agree. And I think sometimes that, I don't know if pride's the right word, but certainly there's this feeling of, well, I can figure it out on my own, or maybe you just don't feel comfortable reaching out.

Sometimes, there's that power dynamic between a faculty member and a student. So I think you raised a really good point though of just reach out. At the end of the day, that's what these resources are there for and take advantage of them because they're there.

[Sean] Yeah, and when you do, you realize, there's people on the other end of this line that care about me and my experience and my success and my individual approach and who are willing to work with me to optimize my approach, my schedule, my time management, or whatever piece is missing.

It's so helpful, yeah.

[Eddie]Yeah, well, transitioning a little bit in terms of what you've kind of done and sort of your experience with online learning here at Ecampus, I'm curious, has there been a course or a faculty member that you've connected with at this point that you feel has contributed to any of your success?

[Sean] So many. Yes, so many people coming to my mind already. But I'm just now starting to, it's funny, four years later, I'm finally starting to be able to take marine ecology, biology courses, and I'm really loving that. It's funny that you go into school thinking, I want to be a marine biologist and I want to study this.

And then it's, great, welcome to Calculus and English, and you got to get there first. And by the time you do, it's super exciting. And yes, I'm really starting to dive into the meat and potatoes of my major and my concentration, my customizable option. And I'm loving those courses and so many of those professors are fantastic.

And I've had a couple, like Dr. Joanna Smyth read me through biology and a couple of my botany courses. My advisor was one of my professors in a botany course, Dr. Mark Curtis, who's fantastic, and so many come to mind. I had another fun professor. His name was Robert Drummond.

It was funny because this is a great advice for Ecampus students, but keep your mind open to things that might come up that pick your interest that you never would expect. I was just trying to meet a requirement for one of the bachelor's core requirements, and I wound up taking an introduction to fiction writing course.

And it was amazing. I had so much fun and the professor was fantastic. And I didn't join the university to write fiction, I joined for science. And of course, there's a couple of these courses that are required and it just wound up being fantastic. And now, it's something I do in my spare time for fun.

So keep your eyes open to just the possibilities. And yeah, he was a great professor. There's so many, it's hard to mention all of them. Courses specifically, Oceans, Coasts, and People, Marine Ecology. I love chemistry, too. I'm really into organic chemistry now and I really like the chemistry courses at OSU.

[Eddie]That's great, because I feel like oftentimes, we hear the opposite. So I'm glad that-

[Eddie]You're doing chemistry. But all jokes aside, that's awesome and I'm glad you found folks. And it sounds like, again, a lot of people in your corner helping you and supporting you towards, I imagine, the ultimate goal, at least within the context of OSU, is earning that degree, which kind of leads me towards the tail end of some of the questions I have for you.

But what do you hope doing, accomplishing? I know this kind of can be a big question here, but what do you hope on doing after your time with us?

[Sean] Yeah, this is really just the first step in the staircase for me. I really want to pursue graduate studies and maybe continue in academia or private research, but research is the goal.

I want to contribute to the body of knowledge we have about marine science and how it relates to biogeochemical cycles and ecology, and just society. And I really want to just head in that direction and take it as far as I can and contribute as much as I can.

So of course, that starts with the bachelors, and then, yeah, we'll go on into higher levels from there. But there's a program here in Amsterdam, actually, that I'm hoping to get into afterwards, several that I will apply to, but yeah, that's the goal. Continue on, then see who we can help, how we can help, and just try to keep my passion for it all alive.

[Eddie]Yeah, no, absolutely. And that's, yeah, incredible that you want to kind of continue on and further your knowledge. Because again, I think all of this will certainly go a long way as you probably kind of think long-term and map out those larger goals of contributing to the community that you're at and all these specific interest areas.

So yeah, no doubt, no doubt that you'll accomplish all that, so we're excited for you. And now with kind of my final question, we've kind of walked through a little bit of your journey, but with all that experience that you've been able to accumulate up to this point, are there any words of wisdom or advice that you want to share to our listeners out there who are either maybe respective students in that kind of transition of, do I go back to school?

Or even some of those what we call higher ED practitioners that are in sort of this work of supporting students who are learning online, are there, yeah, any words of wisdom that you want to share?

[Sean] Yeah, just to be bold, take the chance, and if it's something that you want to do or you have been thinking about doing, I would highly recommend it.

And don't just go into it and think that you're alone because you're doing it from home. You're really just a tap away from so many people, so many resources, so much information. And it's on the student to kind of take all of that mass and mold it into something that's custom to their dreams and their goals and their desires.

And I think all is possible. There's so many avenues to take, and there's no one pathway to get where you're trying to go. And I would say, don't be discouraged by anything up to this point that's in your mind telling you why you can't do it. If there's some goal you have or some dream that you're looking to chase, it's a great avenue to do it, especially for people nowadays who are just all over the place with their schedules and their families and their responsibilities and just trying to make ends meet.

And being able to navigate that online and have more mastery over your schedule and your sort of allocation of time is super helpful. Yeah, I think just take chances, take the chance, and ask for help, and be excited about it. There's just so many resources here.

[Eddie]Yeah, well said, Sean, and thank you for those words.

It's-

[Sean] Pleasure.

[Eddie]Wonderful insight. My takeaway from all that is, yeah, definitely take chances and don't be afraid to make mistakes, right? That's kind of part of that journey, and especially if you are thinking about making that transition to get that degree. There's never a better time than now.

So yeah, I really appreciate that. And with that, Sean, I just want to say thank you again for coming on and sharing a little bit about your journey with us and kind of informing us a little bit of everything you've done and learned. And we really appreciate your time, and we wish you well as you, yeah, move forward with all your goals, and yeah.

[Sean] Thanks so much. I really appreciate the opportunity to come on and talk a little bit about my story, and it has just been a pleasure. Thank you so much.