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## Mental Health and Human Resilience

## I am just a kid with an IEP LLC

Jordan Toma USA

I believe I have a strong and inspiring message for young students with learning disabilities. My story is geared towards 8th grade to high school students their parents and teachers or anyone that has ever struggled in school or in life. My life has been a roller-coaster with this "Learning Disability" and I let it control my con dence and outlook on life for the rst 18 years. I let it de ne me - it became a permanent label stuck to my shirt every day. I will give you an idea of what I mean. You know when you are attending a conference and they give you a name tag to pin to your shirt? As far as I was concerned, I had a permanent name tag. But mine said "You're not as smart as everyone else.