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Mr. Speice

ISM 3A

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### Resting Easy...Or Not

#### Weekly Report 11/7 - 11/13

Throughout this past week in Independent Study and Mentorship, students have been preparing for the second section of their Final Presentation Night speeches, focusing on the research aspect of the presentation. Although I do not present my research speech until this coming Thursday the 17th, as others began to present, I became increasingly nervous, because I strongly dislike speaking in front of a group of people, even if they are members of my class. However, I plan to overcome this dislike as the school year continues, focusing on my methods of professional communication, ultimately improving the overall effectiveness of my communication with people of all ages and professions.

Aside from speeches taking place, we also continued to focus on assessments, as I completed my eighth research assessment, focusing on the beneficial impacts of music therapy, and the ways in which music can positively impact those who are suffering from either physical or mental pain. Although the assignment intended to be submitted was yet another Interview Assessment, I was unable to complete this assessment, as I have only been able to conduct two interviews thus far. In order to conduct three final interviews, I have started by contacting a therapist whose specialization deals with child's therapy. I received a response asking a few

questions about this interview, and responded to these questions, but have yet to receive another response to this second email.

Finally, we were required to complete our original work proposals. Although it took a great deal of time to come up with an idea that would be beneficial to many, meet all requirements, and present itself as achievable, I was finally able to generate a proposal. I have decided to create a new type of curriculum that will provide a set of statistics, suggestions, and steps to take in order to create a safe classroom environment that has a limited amount of shame.

As these school year in ISM continues, I hope to continue growing in my professionalism and abilities, so that I may stand out in future job opportunities, as well as to have an overall professional and successful appearance.