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Mr. Speice

ISM 3A

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Carry On.

Weekly Report 1/30 - 2/5

This week in Independent Study and Mentorship, I found myself becoming easily frustrated and stressed, as students had little to no time to work on any assignments during class. Original Work Speeches took the majority of class time, as we only had two days in class to present. Although the speeches were, for the most part, interesting to listen to, sitting through an entire class period of them began to seem repetitive, and I ultimately found myself zoning out frequently.

For my original work speech, in all honesty, I did not prepare for as long as I should have, and this ultimately impacted my grade. I did take the time to adjust parts of my presentation powerpoint, but I spent a very minimal amount of time creating an outline and note cards for the speech. Overall, I felt fairly confident in my ability to deliver my information, because I am very passionate about my topic, and know my research very well. Despite my confidence, I found myself stumbling over my words a few times. There were a few distractions around the room and we had to change classes that our speeches were delivered in, which resulted in the loss of my train of thought, which most likely impacted my grade slightly. The other large factor that directly affected my grade was my time. When I finally completed my

speech, I had gone significantly over my 12 to 15 minute time limit, which subtracted the majority of my missed points. In the future, when we deliver our next upcoming speeches, I will be sure to practice many times with a timer, as well as with my presentation, so that I can ensure that my speech will be within the expected time limit. This practice will also allow me to gain a better idea of the exact words that I will use, so that my stumbling over words is decreased significantly as well.

As we continue into the second semester of ISM, I repeatedly find myself becoming stressed and uncertain of the work that I am turning in. I often wonder whether or not I will ultimately be successful in my academic career. This week, I have challenged myself with a question that seemed simple when I first began to think about it. As the week progressed however, it became increasingly difficult to find a valid and truthful answer. I asked myself, what are the things that stand between me and my success? The first factor that came to mind, as it most likely would with most of today's teenagers, is my cell phone. While I am not the kind of person that has to constantly have physical contact with my device, I do often find myself absentmindedly checking the latest Snapchat stories, or sending a text to my friends. What previously began as 'just checking the time' became updating feeds and timelines, and playing the latest popular game. The second and final factor standing between me and my success that I have identified thus far, is myself. I have noticed that I frequently tend to see myself as unworthy in comparison to others, ultimately feeling that my work is also inferior. This results in stress and an unhealthy feeling of unworthiness. In the coming weeks, I will challenge myself to overcome this factor, as I realize that it can only hold me back. The only person who can change this

feeling is myself, and overcoming this is the only way that I will ever be able to grow, and ultimately become successful.