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ISM 3A

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What Comes Next?

Weekly Report 3/13 - 3/19

This week in ISM, students did not have many assignments due, aside from Assessment 20, which led to the idea that slacking off and relaxing, rather than working, was an option. However, when looking into the later dates of the month that are provided in the monthly ISM calendar, anyone is able to see that although the Independent Study and Mentorship program might be experiencing a time of ease at the moment, the time will soon come for the stressors of Final Presentation Night to begin. Because of these upcoming dates and deadlines, students have been working ahead on many different aspects, while still focusing mainly on completing the final product.

Procrastination always seems to be a welcoming option, offering itself as a time of peace and relaxation for students to work on homework for other classes, or not work at all. Through the ISM program, many have found that procrastination may seem to be positive for a short amount of time, but will ultimately cause stress and anxiety in the long run. Personally, I have had plenty of struggles with procrastinating on large projects that come back to haunt me in the few days, or possibly hours, before the assignments are due. I would like to say that I have learned from my mistakes each and every time, and, in a sense, I have learned a great deal from

these experiences. However, I, like many others, have a tendency to revert back to my lazy behaviors on days that I may be tired or more interested in another topic, or get distracted easily. As the due date for our upcoming assignments begin to draw nearer, I am beginning to realize the urgency of completing assignments such as the Final Product. This is not something that can be completed in the course of one day or one night, especially with the product that I have proposed, which takes months of research and observations during mentor visits. As ISM continues and these deadlines draw closer, I plan to let go of my typical ways of procrastination, so that I may relieve myself of some of the stress that these assignments are bound to cause. With this, I will turn in and present much better work, which will benefit both myself and others. Although it may seem like a bother or a nuisance to do work during a time that I could be with friends or family, completing something over a longer course of time as opposed to a shorter one will allow me to increase my focus and productivity, as well as minimize my stress levels.

Aside from continuously dealing with procrastination, students in the ISM program at Reedy High School also learned how to be much more flexible this week, as incoming ISM applicants began to go through the interviewing process. These interviews meant that current ISM members were required to work in different classrooms and environments throughout the week, as well as during the next week. While moving classrooms may cause stress for some, I realize that it is necessary for new students to receive a quiet and controlled environment for their interviews, so that they may have the best results. Personally, I find myself becoming stressed when anything changes. I have become accustomed to a routine and secure lifestyle, in which I am aware of what is going on in my surroundings at all times. With this, change is not typically a welcome factor in my life, causing stress rather than excitement. However, with the

shifting of classrooms, I was able to increase the control that I have over my stress levels, as I could understand that moving was benefiting others, and did not change what I did in class, only my surroundings.

Despite the fact that stress may be uninteresting to read about, and may seem to be an act of complaining, it is a universal feeling that many are not willing to discuss. Ultimately, however, containing these feelings rather than sharing them can present itself as a danger to the victim of stress, building up inside them until it can no longer be handled in a healthy way. As the weeks continue, my plan of action is to begin to work seriously and diligently on assignments such as my final product, so that I do not become as stressed due to procrastination, as mentioned above. I will complete projects and papers well before they are due, so that I do not have to wonder if or when I will be able to complete them. This way, I will be able to handle this feeling of stress in a healthy way, if it begins to present itself. I will benefit greatly from this, as it will allow me to be more relaxed, and to focus on many different aspects of my life, rather than focusing solely on the assignment that is due that night or the next day. Although the ISM program does frequently result in some amount of stress, I am continuously thankful for the opportunities that it has provided me, as well as the learning experiences that I have been able to receive, whether they are based on my topic of study, or general life skills.