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ISM 3A

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Learning About Myself

Weekly Report 5/16 - 5/22

This week in ISM, two common and unifying themes were made obviously apparent as students scrambled to complete many different assignments: stress and scattered ideas. Between history projects, AP Language TED Talks, ISM Final Presentation Night, and the abundance of other projects that have been recently assigned, students both participating and not participating in the ISM program have seemed to be made up of stress itself as they attempted to complete all of these projects sufficiently, receive good grades for them, maintain some form of social life, remember to eat all three meals each day, and somehow still get the recommended 8 hours of sleep that teens are supposed to have. Needless to say, the end of junior year in high school is less than relaxing and carefree.

Personally, I never imagined that I would be as stressed as the rest of my peers. In my imaginative mind, I told myself that I would be able to balance all of these different factors without any mess-ups. I, however, was very wrong. As my week carried on, I realized that there were many things that I still needed to complete in order to be prepared to turn in or present all of these projects. For AP Lang, it was necessary that I turned in my presentation aid, which I had barely even started by the day before it was due. For ISM, I had barely began to type the main

portion of my final product. Both of these were to be turned in on Thursday. For history, I was stuck with completing the entire presentation board alone, although I had other group members who were supposed to be helping. Although all of these assignments were eventually completed, I was able to realize a characteristic of myself that I had never recognized or considered before this past week: I have a tendency to let myself believe that I am more prepared than I truly am. In the case of AP Lang, I thought that my presentation would only take approximately 15 minutes to complete. However, it ended up taking me about 2 hours. For ISM, because I had gathered all of my needed research, I thought that typing and formatting it into one-page papers would be a breeze. This took me around 8 hours. Finally, for history, I had all of the papers that I needed printed out. Or so I thought. I ended up not having all of the papers, and even when I did finally have them all, I still had to cut, paste, and place all of the pieces of my presentation boards. Completing this board took me approximately 5 hours. In all of these instances, I let myself believe that I had all that I needed in order to complete the assignments, meaning that I could finish them in no time, when ultimately, I ended up taking much more time than I had originally planned. Reflecting on my educational career now, at least while I have been in high school, I realize that I have a tendency to repeat these actions continuously. Now that I am able to recognize what I have repeatedly done, I plan to make a change so that I work more consistently on my projects so that I am able to keep my stress levels down, and maintain a calm attitude, rather than panicking when I begin to realize that a project is going to take more time than had been previously allotted. Although the year is almost over, I will carry this new ability with me through my life in order to maintain a more simple method of completing projects. By doing this, I will be able to make myself a much happier, healthier, and less stressed individual.