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Independent Study and Mentorship

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The Small Things That Matter

Weekly of 10/17-10/23

The great Vincent Van Gogh once stated that “Great things are done by a series of small things brought together”. This week was dedicated to those small things. ISM is about having a professional profile and being able to express that through our final presentation projects. Binder setups as well as website setups were officially on the go. This marks the first steps of our profiles being created.

As mentioned above, a part of ISM is about having a digital and personal profile in which professionals can gather enough information about myself and my interests. According to my topic of pediatric immunology integrative medicine, the whole theme of my project will revolve around light colors with a more floral pattern. A point of achievement for this week would fall under creating my website be able to place a set theme for the my project and ISM journey. We were given examples during class and were told to examine the work of previous ISM students that have gone above and beyond with their interactive and engaging sites. These websites play the same role of resume in that it is the first impression the professional will get. The way my sight is formatted and how professional it is will speak about my character and my general personality. With the theme I’ve chosen for my website, there is a wide range of colors and patterns I can choose from to encompass the “colors” of my project. Although the theme creation is still under construction, I have settled for a particular format for my digital profile and have started to place my work on the site soon to be published!

In contrast, this week has helped me realize my main weakness and the reasons why I undergo sleepless nights. This particular word has ruled the lives of many high school students like me as well as professional and adults working in the real world. Procrastination has taken control over my day to day school work and has caused the sense of guilt to increase. Time management was a strong suit of mine as I balanced out my social work with school work. I was able to balance out my time and have enough time for every test I needed to study and every social gathering I wanted to attend. With the work load in ISM, procrastination has taken control and this week I experienced that effects when it came to finishing the binder portfolio. There were many components to the binder portfolio that I kept saying “I will print it off tomorrow” to. Being able to sort out what needs to be done and for how long is a key concept that I will master by the end of the year as ISM will help me. We as high school students are challenged to hold a professional relation with a professional as well as incorporate our school work into our lives. I will take this as a challenge and work on my tendencies to push back my work times till the due date. Through hard work and management, I will be able to conquer these “off task” tendencies and create a more balanced time table for ISM.

For the next week, I plan on calling more professionals and attend on my second interview with a nurse practitioner. I have spread my search to pulmonologist in my area who are willing to angle their focus towards allergy and immunology. Also interview people in different professionals of the medical field can provide a basic understanding of concepts that all doctors, surgeons and nurses must understand i.e. basic health precautions, FDA regulations etc. Next week will continue my search for my mentor.