Week of Evaluation and Progress

11/7-11/13

As the school year is approaching the first break of the year, an evaluation is being conducted through ISM research speeches. This week consisted of the continuation of interviewing professionals as well as listening to peers giving speeches about their research conducted on their chosen topic. We are few weeks away from the ideal date of having a mentor, and I am still in the process of interviewing professionals and finding that right mentor. Although it is a work in progress, finding the perfect mentor will be quite a challenge.

As mentioned in previous reports, I have shifted my mentor search from immunologists and pediatricians to holistic doctors and specialists who support alternative medication. Through collective evidence and research, the US consists of many certified doctors as well as alternative medicine practitioners. Not many people in the US support integrative medicine as it can cause a stress on the human body being treated. I dove deeper into the search and found out that the most common types of alternative medicine include acupuncture which allowed me to consider interviewing a chiropractor. Herbs, supplements and naturopathic treatments are characterised as alternative medicine and is generally not associated with integrative medicine which allowed me to find practitioners who were solely dedicated to such treatments. I was able to get a lunch interview with Dr.Naumes who dedicated her clinic to the practice of homeopathic and naturopathic medication. This will definitely help my research and work towards my original work goal.

With a plus side on the topic of interviews and mentor search, next week marks the week I give my first research speech in ISM. Although I am still in the process of gathering more information and finding out more about my topic, I want to appeal to the audience and make it sound like I am fully interested in what I have to learn and teach my ISM class. When I am nervous I start to shake and phrase sentences from my prepared speech in ways that do not make sense. I hope to make this speech a strong and powerful speech as the class must know about my passion for pediatric immunology integrative medicine. I want to use the ISM speeches as a way for me to work on my speaking skills by getting comfortable with owning the floor!