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Independent Study and Mentorship 3B

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**Trying New Things**

Weekly Report 9/11/17 to 9/17/17

It has been four weeks in ISM, and I am starting to become accustomed to the workload and assignments given to us. I have improved my time management skills by working on prioritizing my work. Due to this, I feel like I have been more successful.

This week in ISM, students and asked to complete a resume. Students were taught that resumes should include certain information that would help them to appear professional and successful. Before this, I had thought that resumes were supposed to include every positive thing about your achievements. However, now I know that resumes should include specific and relevant information that will make us stand out in our field of study.

This week, we completed our first independent research assessment. Instead of the first career outlook assessment where students were given specific things to research, this research assessment was very independent, and it allowed students to read about any topic they desired. My topic of research for this week was schizophrenia. After doing some reading about new drug developments, I learned more about dopamine and negative symptoms. This research assessment was slightly difficult for me because I prefer to work with detailed instructions that suit my
perfectionistic tendencies. However, the instructions for assessments are very vague because these assignments are supposed to allow students to choose their individual topics. This was difficult for me at first, but after starting my research, I realized that I enjoy having the freedom to choose what I learn about.

This week was very productive and I believe that I am adjusting well to this program. Over the course of this upcoming week, I hope to continue to improve my time management skills in order to complete my work more efficiently. I also hope to perfect my resume and continue to prepare myself for interactions in the professional world.