Weekday Wonderings

Weekly Report 3/05/18 to 3/18/18

The past two weeks have been relatively uneventful due to spring break. However, the time off from school has allowed me to take a step back and reevaluate my progress this semester.

The week of March 5th was primarily aimed at research. I continued the textbook reading and notes about trait psychology and the meanings and backgrounds of each of the Big Five personality trait. I will admit that I have not been keeping up with my research schedule from my final product proposal. Towards break, I was feeling very burnt-out and stressed. However, after a week off, I am determined to fix my research schedule and get back on track.

For spring break, my family traveled to Florida and spent a couple days at Universal Studios. On the way, we stopped in Tallahassee to have lunch with my cousin, who is currently a sophomore at Florida State University. She is double majoring in criminology and psychology. I enjoyed talking to her about her psychology classes. It was neat to hear about some of the opportunities she has had and some of the classes she has taken so far. After taking ISM, I know I want to pursue a career in research, but I am struggling to decide between a topic that is more biological or psychological. My cousin enjoys the opportunities she has with a double major and I am now wondering if I should double major in biology and psychology.
Over break, I did not do much school work. I needed a break from the madness and immense levels of stress I have been feeling lately. I used this week to travel and spend time with my family in Florida. I also used this week to focus on mental health. During the busy school year, I typically get extremely caught up in schoolwork and deadlines and I ignore a regular sleep and food schedule. I also push my hobbies to the side, leaving me with no outlet for my stress. My goal for the remaining semester is to focus on the big picture. Although school and grades are very important, my mental health is just as important, if not more. I want to spend more time on hobbies and with family and friends. I also want to continue to work on my time efficiency so that I can get more sleep.

Over the next couple weeks, I hope to continue my research and make more progress on my final product. I also hope to focus on my mental health and look for ways to reduce my stress levels.
Accomplished this week:

- Researched trait theory
- Introspection
- Traveled to Florida

Goals for next week:

- Continue final product research
- Start data analysis paper
- Start data analysis
- Time efficiency
- Focus on sleep and mental health