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Independent Study and Mentorship 3B
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The Search Begins
Weekly Report 09/05/17 to 09/11/17

From contact lists to research assessments, this week was very busy. At first, I was daunted by the deadlines that needed to be met. However, as the week progressed, I found myself being able to utilize and refine my time management skills in order to complete the assignments in time.

This week, students were asked to create contact lists that would help them to find possible mentors. ISM students set up LinkedIn accounts and used a variety of reliable websites to find twenty-five possible contacts. I was expecting this task to be very difficult due to HIPAA protocols. However, finding contacts was not as difficult as I had anticipated. It took a lot of time, but I managed to find contacts from a variety of fields including: psychiatrists, pediatric psychiatrists, psychologists, college professors, and forensic psychologists. The different fields should provide different perspectives during my interviews with them. Students were also asked to write fifteen original interview questions in preparation for future interviews with the professionals in our contact lists. This came very easily to me, and I was able to think of twenty questions about the things I am curious about.
This week, we had our first research assessment. The career outlook assessment gave students the opportunity to begin researching basic aspects of their fields. This assessment gave us the opportunity to start looking into the different aspects of psychiatry including the education requirements, the salary, and the career outlook. This research really gave me the ability to start thinking and creating a plan for my future career. It also allowed me to look into the job description in more detail. This research answered a lot of my questions, but it also prompted many more. What are the current trends in psychiatry? Which treatment methods are preferred by doctors? What are the most commonly diagnosed medical disorders?

Students in ISM were also taught about proper handshakes. First impressions are significant in the professional world, and a firm handshake coupled with professional dress will be necessary for us once we begin interviewing possible mentors. Prior to this lesson, I had never really considered the different things that go into a good handshake, and I had not thought about the true importance of shaking hands. I feel more prepared for interviews now, and I am looking forward to putting myself out into the professional world.

I feel like I made a lot of progress this week. I am more knowledgeable about my topic, and I feel more prepared for workplace visits. Next week, I want to learn more about the current trends and latest advancements in the psychiatric world. I would also like to learn more about the different disorders that are treated.