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Let’s Get Down to Business  
Weekly Report 08/28/17 to 09/04/17  

Over the course of this week, I was able to learn a lot more about myself as well as conquer some fears. At the beginning of the week, I was still a bit nervous about whether or not I had picked the right topic, but now I feel more confident in my decision.  

On Wednesday, students were asked to start thinking about their color schemes for the rest of the year. This color scheme will be a major component of the website, display boards, and presentation. After doing some research on the importance of color schemes and how colors affect the mind, I decided on a color scheme consisting of several shades of light blues and teals. Research shows that blues have a calming and antidepressant effect on the mind. For a psychiatrist, this would work very well.  

In addition to selecting color schemes, students were asked to write and give introductory speeches that will later become the first few minutes of the Final Presentation Night speech. This was challenging for me because public speaking makes me nervous, however, I persevered and gave the speech. This speech really made me think about why I am in the ISM program. I am here to gain real-world experience that would be impossible to receive in a traditional classroom.
setting. Writing this speech caused me to focus on the “why” aspect rather than the “what” aspect. It also pushed me to start thinking about my goals for the future. Prior to this experience, I had only thought about my high school and college plans. By writing this speech, I was able to start thinking about my long-term life goals.

Next week, I am going to focus on researching and learning more about my topic. In addition to learning about the job of a psychiatrist, I would also like to start looking at different disorders that are commonly diagnosed and treated by psychiatrists. Which disorders are most common? What are some of the common causes of these disorders? How can these be treated? How can I make a difference?