

My Progression Up To This Day
Weekly Report 10/30/17 to 11/3/17

Since the beginning of this experience, I had always been reminded that throughout the year, I will be increasing my professional network at a rapid and consistent rate. Throughout this past week, I have begun to understand exactly what this goal entails. I have cold-called 20-30 people a day, and have at last been able to schedule enough interviews so that I have met my goal of at least five.

After my most recent interview with Laura Hart, a Psychologist, I have gained a lot of new insight regarding the field I am studying. Something interesting she mentioned that significantly impacted my experience in this program is her explanation of her progression from what she wanted to be as a child to what she is now. She explained how she transitioned from an athletic or artistic dream to one of active involvement in society, and eventually to Psychology. I can relate to this narrative because I originally thought that I would want to be a professional figure skater, then an architect, then a social activist, and finally an Occupational Therapist. I understand that it is normal for a person to dramatically shift their career interest based on where life takes them, and wherever they end up can be seen as where their true passion lies. I can now realize that my passion lies in helping others face challenges and overcome barriers..

On a different note, now that my goal regarding interviews has been met, I can begin to shift my focus more towards my research and original work. After brainstorming possible ideas for an original work, one that seems the most fascinating yet plausible is creating a treatment plan for a specific anxiety disorder. Throughout my research, I have become more intrigued by the realm of anxiety disorders, such as Phobic Disorders, Obsessive Compulsive Disorder, and Generalized Anxiety Disorder (GAD). What drew me to this field in the first place was the potential to help people with mental illnesses like these ones, so for my original work, I believe it would be a great opportunity to create a plan of treatment for one of these illnesses. Hopefully this could be aided by the guidance of a mentor. Looking ahead, I am encouraged to persist in my research in this field of passion and discover to an even greater extent how to contribute to overcoming the challenges society faces.