

Desensitization to Stress
Weekly Report 9/25/17 to 9/29/17

As the amount of work I get each week is starting to level out, I am either becoming less stressed in general, or I have become desensitized to the workload I receive on a regular basis. The latter is probably more true. Regarding my topic of study, occupational therapy, I am receiving new insight more frequently as I get into the habit of regularly creating research reports and reflecting on my ever-changing education. However, along with this desensitization to the workload comes a desensitization to the healthy stress associated with performing tasks under pressure. This report will elaborate on how this evolving attitude towards a heavy workload has affected me, both positively and negatively, and how it has allowed me to venture further into my pursuit of occupational therapy.

On a happy note, my mental adjustments to the rigorous lifestyle of junior year have allowed me to maintain the drive and determination to stay up at late hours finishing work without feeling hopeless. Similarly, they have caused me to become more acquainted with the concept of completing an assessment of my research once every week, which allows me to constantly fuel my passion in this field and satisfy my never-ending hunger to delve deeper into all aspects of the sociological interactions between individuals.

On the other hand, this desensitization can be seen to have negative effects on my academic outlook because I do not maintain the necessary levels of adrenaline normally associated with important events such as tests and other assessments of academic performance. Therefore, it can be said that I have received both positive psychological effects and negative consequential effects from the normalization of a heavy workload.

Going into the next week of my studies, and finally concluding the first marking period, one of my most significant goals is to further stimulate the normalization of an extreme workload, despite some of its negative consequences. I believe that with enough experience, I will find a balance between the right levels of stress and the right levels of calm. I will use these new work ethic-related skills to once again further my passion in the field of occupational therapy while maintaining responsible habits in all other facets of life.