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Mr. Speice

ISM I

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## Thoughts on the Most Difficult Semester of High School

### Assessment 10 - Original Work Reflection

**Date:** 16 December 2020

**Subject:** Interventional Radiology

**Assessment:**

The intention for this assessment was to reflect on the semester as a whole, including personal growth in ISM as well as the completion of the original work project. This semester was extremely challenging, given it being my junior year and with all of the difficult classes I am taking. However, the prospect of it almost being over and winter break approaching is extremely exciting and relieving. ISM was a bright spot in the semester as a fun and interesting class where I could research the career path that I am interested in. This semester held lots of interesting experiences and opportunities for growth.

Regarding personal growth, I grew a significant amount this semester in self-confidence, knowledge, professional skills, and critical life skills such as perseverance and critical thinking. I encountered many obstacles and challenging experiences throughout this semester in ISM, such as cold calling for interviews with professionals, talking to professionals and controlling my nerves, addressing problems in my original work design, and learning to deal with overall stress of lengthy tasks. These experiences boosted my confidence drastically because I had no idea that

I was capable of completing most of these tasks and my completion of them proved to myself that I was indeed capable of overcoming those challenges and completing those tasks. With this new self-confidence in my ability to problem solve and to persevere through adversity, I can take on new challenges in the future with more assurance and less hesitation. Additionally, by researching my desired career path in the extreme level of detail that I did, I gained lots of knowledge about what an interventional radiologist does and what it is like to be one. I was able to assess scholarly articles and to interview professionals in order to build my knowledge in the field on interventional radiology. The articles were extremely interesting and detailed and they allowed me to accomplish all of my goals regarding building a knowledge base, which included learning terminology and becoming familiar with the process of completing surgical procedures as an interventional radiologist. The interviews with the professionals not only built my knowledge, but they also developed my professional skills for speaking with professionals and how to contact them to make requests. I learned how to make cold calls and how to talk with professionals back and forth over email to organize a meeting. I also learned how to make interview questions and, as insignificant as this may sound, how to act as a host for a Zoom meeting, which is important for possible future virtual meetings I will have with others. I was able to progress in my talking speed and my nervousness when talking to professionals with each interview and I developed my soft skills, like how to address an adult and how to ask them questions without coming off poorly. I was even able to make a personal connection with each of them and all of them offered to work with me in the future for my research into the interventional radiology field. They were extremely helpful and were able to give me a clear idea of the daily life of an interventional radiologist, as well as advice on how to design my original work project idea. Regarding other professional skills, I learned how to create a resume and how to create a

digital portfolio, as well as how to develop a personal brand. These skills are extremely valuable for going out into the professional world and interacting with professionals and presenting myself as a professional student. Also, now that I have a resume and digital portfolio, I can use them to gain more opportunities in the future and can put my resume in my college applications. I also learned the critical skills of assessing research and reflecting. I can use these tools in the future to conduct advanced research in college and to keep increasing my self-awareness through reflecting. For the rest of the school year, I still need to develop my speaking skills and time management skills more and I need to expand my vision to include synthesizing knowledge from other fields and putting it into the completion of my spring Final Product. I believe I accomplished all of my goals regarding knowledge, personal growth, and project completion. Throughout this semester in ISM, I was able to grow as a person and as a professional and I am extremely excited for the growth I will experience next semester.

Moving on to the original work semester project, I felt like I did an excellent job in designing my mechanism and channeling all of my knowledge and research into the project. This project also allowed me to grow personally by presenting many obstacles and challenges for me to overcome. I was able to develop my time management skills as well by starting this semester project when it was supposed to be started and finishing it when it needed to be finished. I worked throughout the semester, vigorously researching and gathering information and then channeling all of it into the design of my mechanism and completing the project. Some obstacles that I encountered were figuring out design issues, which included clamp design, storage issues, and dimensions, figuring out how many angles to draw of the original work design, and attempting to make the design fit to benefit all of the procedures that I researched. I overcame all of these obstacles and successfully accomplished almost all of my goals. One goal that was not

accomplished was building the mechanism in real life since there was not enough time to design it and build it, so I just decided to turn in the final design. Actually building a prototype will be a goal for the Final Product. For the Final Product, I will approach the original work in a more broad manner, researching the building of a prototype and computer design in addition to more procedures to incorporate into the design of the project. Overall, the original work was a success and I look forward to next semester's Final Product.

Looking back to the expectations I set for myself at the beginning of the semester, I believe I stayed true to my mission statement and quote, and accomplished all of my goals, which I addressed in the beginning of this assessment. My mission statement was essentially to always put all of my effort into whatever I do and to gain lots of experience in the field while building connections with professionals. I definitely put forth all of my effort into my ISM work and my original work project perfectly reflected my significant effort this semester. I also gained lots of knowledge and experience regarding the field of interventional radiology, and I built connections with the three professionals that I interviewed. I really enjoyed talking to them and I believe that they enjoyed talking with me. They said that they would always be open to helping me in my future research and were very helpful when I spoke to them. I also believe that I left a lasting impression on them since I was a student already getting a headstart in the field. My quote was about not just wishing things to happen, but making them happen. I was able to follow this principle in this semester because I worked extremely hard to finish my ISM assignments and to grow. I never just sat back and acted lazy; I went out and put in all of my effort to get all that I could out of this semester of ISM. Regarding my branding that I set at the beginning of the semester, I did revise it a little throughout the semester, but now I believe that it is complete and does not need any more revising or updating.

This semester, I chose the virtual learning option in order to stay safe from the pandemic and to not contribute to the spread of the virus by adding to the number of people at school. Factors such as personal comfort, such as staying at home and not having to wear a mask, also impacted my decision. So far, virtual learning has been more difficult than in-person because I have to take my quizzes and tests on a computer where I cannot go back to check answers or annotate the questions. Also, it is harder to contact teachers virtually then just going to their classrooms during Mega Lunch or something. However, I would not choose differently if I had to do it again because the in-person students still have to take their quizzes and tests on a computer like me, just with a mask on. Plus, I still get social interaction at my daily golf practice, hanging out with my teammates and having fun. I also take comfort in knowing that I am less at risk for contracting the virus and less likely to pass the virus onto someone else who is considered high risk. I am enjoying virtual learning for the most part, but I, like everyone else, certainly cannot wait for things to get back to normal.

Overall, this semester has been really difficult, but also really enjoyable. ISM was a significant part of the enjoyable part of this semester and I appreciate all of the progress that I made because of it. I look forward to the spring semester, but I am going to really enjoy this long break, as I'm sure everybody will.