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Independent Study and Mentorship 3B

25 September 2017

### **A Taste of the Professional World**

Weekly Report 09/18/17 to 09/24/17

This week went a lot smoother than my previous weeks in ISM. I am starting to adjust to the workload and I am getting better at managing my assignments. Through my personal research, I am starting to learn a lot about my topic.

This week, I decided to focus my research on depression. Prior to my research, I only had a vague definition of clinical depression. However, the articles I read were very detailed and allowed me to gain a better understanding of what truly qualifies as depression. I was also able to learn a lot more about antidepressants and how they work. Due to weekly research assessments, I am getting better at finding articles that fit my topic and that are easy to understand. I am also learning more technical terms that are commonly used in scholarly articles.

In addition to research, students were also given an introduction to cold calling. As we will most likely begin cold calling the professionals on our contact lists next week, we were given the opportunity to practice cold calling with members of our class. This task was difficult at first, but as we practiced more, I became more comfortable with the idea of calling professionals and setting up interviews.

Students were also asked to peer review and submit a rough draft of a professional resume. This resume will be used by ISM students at the upcoming business symposium and at professional interviews. Through the resume writing process, I was able to learn much more about how to present yourself as a professional and experienced young adult through the use of action verbs and simple backgrounds.

Next week, I hope to improve my cold calling skills so that I will be more successful in securing interviews with the professionals on my contact list. I also hope to continue my research and gain more information about my topic and the common disorders diagnosed by psychiatrists.