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Mr. Speice

Independent Study and Mentorship 3B

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Gaining Confidence

10/16/17 to 10/23/17

This week in ISM was very informative, as I had the opportunity to meet with and learn from three professionals. I have gotten more confident and better at conducting interviews with professionals. I have also gotten more comfortable with the idea of cold calling professionals at their place of work.

The first professional I met with was Ms. Catherine Parker, a school psychology in Frisco ISD. I met with Ms. Parker on Tuesday, October 17. She was very friendly and was able to offer me some valuable advice regarding college majors. She was able to teach me about her job as a school psychologist and the daily responsibilities and challenges she faces. Overall, this interview went well. I was able to implement some small talk, which made the interview seem more casual and conversational.

On October 18, I met with Sadia Shaukat, a pharmacist at Drug Crafters. In my opinion, this is the most helpful interview that I have conducted so far. Ms. Shaukat works part-time at a psychiatric facility. Due to this, she was able to provide useful information that was specific to

my field of study. I can definitely apply her information and tips to my independent study by continuing to look into and research the topics that were discussed in the interview.

On October 19, I met with Bob Blanford, the director of pharmacy at Baylor Scott and White. Mr. Blanford was very friendly and willing to help. However, the information discussed in the interview was not quite what I was looking for due to the fact that the hospital primarily works with pain medication.

Due to these interviews, I have become more confident in myself. At first, I was unsure because I am only in high school. However, I am learning how to present myself professionally and interact with professionals in the workplace. I am getting better at speaking confidently and making small talk to reduce tension. I am also getting better at cold calling. In the beginning, cold calling was really frustrating, but I am learning what to say and I am becoming more successful in my cold calling attempts.

I believe I have made a lot of personal growth this week. I have grown as a student and as a person. After these interviews, my confidence is soaring and I am learning so much about my topic and the world of psychology. This week, I will continue to schedule and conduct interviews. As I continue this ISM journey, I hope that I will continue to grow and develop interpersonal and professional skills that will benefit me in the long run.