

Taylor Blackburn

Independent Study and Mentorship

Spiece 3A

September 1, 2016

The Beginning of It All

Weekly Report 8/22 to 9/4

After these first couple of weeks in ISM, I can already notice that this course is going to make a huge impact on the way I perceive my future. By just reading through the syllabus and understanding the qualities and characteristics that an ISM student has to uphold, it is interesting to realize that I will become a more empowered speaker and become more involved about the field of pharmacy at the end of this year. Some TED Talks we watched, like learning about confidence, overcoming stage fright, and speaking so people want to listen to what you have to say, helped me practice for the first speech that we had this week. One part of a TED Talk that was beneficial to me was the power pose technique; I had never realized that just by acting powerful and trying different body poses that physically make you feel important would better prepare me to seem more confident and self-motivated in a stressful speech. Another assignment that helped lay the foundation for my study in pharmacy was discovering a quote that pertains to my field of study and what I personally want to accomplish. My mission statement, as well, solidified the path that I want to take during this class and become a more motivated and professional person to reach my goals.

Researching different platforms that could be used for my digital portfolio has helped me envision my final product and see the potential designs and layouts that I could use. However,

one thing that challenged me during these past weeks has been creating my introductory speech without it seeming too informal or too irrelevant. After finishing the speech and receiving feedback from Mr. Speice and my peers, I realized that my introduction had a shaky start that could have been prevented with a little more practice and a better integration of my quote into my field of study. Also, my posture and sporadic eye contact displayed how nervous I was, so I hope to improve on maintaining a balanced composure and “faking it until I make it” as Amy Cuddy said in her TED talk. By improving the content of my speech and noting for future speeches to make only a few bullet points in the planning process to get me started talking, instead of writing a word-by-word script to memorize.

I was successful this week in preparing myself for this course and realizing that it takes genuine interest to become a powerful speaker and by motivating others. I realized that my end goal is to motivate others to become more aware about the benefits to living a healthy lifestyle and hope to promote a greater health awareness in my future career as a pharmacist. Next week, I plan to research potential mentors and develop interview questions. I am able to see myself finding a beneficial mentor and thoroughly enjoying this class. Throughout the rest of this year, I am excited for what is to come and the growth I will experience in ISM.