

Clear Plan in Sight

Weekly Report 9/10/18 to 9/16/18

Before coming into this week in ISM, all the students were well aware that the workload would be more heavy than usual. This week, multiple assignments were due, such as Weekly Report Three, a revised version of Assessment Two, Assessment Three, Ten Quality Original Interview Questions, and a Resume Rough Draft. Coming into this eventful week, I made sure to follow through with my goal: to be proactive.

As the week carried on, my calendar was full with deadlines and plans of action for the week. Considering we had two Reedy Varsity Tennis matches this week, the stress level was extremely high. Although, I ensured that I was always busy, either researching, working on an assignment, or even thinking of some interview questions, in any spare time I was given. I am proud of the way my time was managed this week and how I was able to efficiently get quality work completed. The work ethic presented this week was spot on and was a large improvement compared to last week.

This week's research consisted of how corrective lenses, specifically contacts, can enhance someone's vision. The idea behind contacts is that these pieces of flexible and thin plastic attempt to correct an individual's vision back to 20/20. Most of the content I read was already knowledge I had previously known, considering I have contacts myself. However, there were specific points in the article that stood out to me. For example, one piece of information I learned was that there are specific contacts made for overnight wear. Also, there are different consistencies of the plastic that compose contacts, including thick and thin widths. These pieces of information were new to me and made me think deeper into my topic. Thoughts ran through my head, such as how people can sleep with overnight contacts in, compared to regular contacts. Typically, one must take out their contacts before going to bed. This week's research truly allowed me to understand my topic more and think of more in depth questions. This process definitely helped when it came to creating ten original interview questions.

After this week's productive performance, I plan to keep the same mentality up and continue to be proactive and forward thinking in my research. However, this week is much different than past weeks in ISM. Instead of having an assessment due this Friday, Assessment Four is not due until another two weeks. With that being said, I do not plan to slack off, regardless of the additional "free time" I have. I plan to spend more time researching and using numerous articles in Assessment Four. Even though this "break" from a weekly assessment is much appreciated, I will make sure that I keep myself accountable

and not fall behind in the extra time that I have. I want to take this opportunity to grow more in my topic and truly enjoy researching more about optometry.