

Pressure

Weekly Report 3/19/18 to 3/25/18

Last week, I spent my time wisely to catch back up on my final product. Although still not even near finished, I made large strides in understanding particle dynamics and star classifications. With this, I think I maintained a fairly decent work ethic while doing so, something I have been working on creating since the start of my junior year. However, that was not the main focus of my week.

Earlier in my ISM journey, I had created a set of S.M.A.R.T goals that I had wished to accomplish, one of which regarded me placing in the science competition. I had already qualified to be on the science team, which was competitive as it is, but the real prize I was aiming for was the regional level. As part of my goal, I had spent approximately one hundred and fifty days, in a row, to study at least thirty minutes everyday for this test.

However, I did not place. But what was interesting was that afterwards, I did not feel disappointed. Rather, I felt empowered with the knowledge that I know I would not be able to go from mediocre to the best in an instant. With this growth mindset, I felt like I could accomplish anything, working my way up, one problem at a time. My final product is very similar to this as well. My product is an extremely big project, requiring a lot of time and effort, but I know that the goal is attainable for I know I will solve the problems I will face, one particle at a time.

Until next week,

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