

Stressful Enjoyment

Weekly Report 12/4/17 to 12/10/17

Stress is underrated. In all of my years of existing, I have learned and challenged myself the most in stressful situations, and ISM is no exception. From cold calling to my original work, being in ISM has helped me become a better professional and a physicist by putting myself in situations that I am uncomfortable in and become better.

Most people would bring up that too much stress is more harmful than beneficial, but that is not necessarily the case. In fact, managing stress is a form of stress in it of itself. This week was mostly dedicated towards working on my original work and in order to manage the challenges and stress that will accompany its creation, I broke down what my project would include and created a basic outline as to how I will do it. Usually, I would procrastinate on such projects and face the consequences the night before its due date. However, ISM has taught me that in order to create a truly amazing project, I need to manage my time wisely to reduce my stress levels to an optimal level. Everything requires balance, and this equilibrium between stress and enjoyment is the ideal combination in order to most effectively create a suitable working environment.

My original work itself has already started to become quite difficult as I move from the research portion of the original work to the biggest and most daunting side of it: the mathematics. Although I am just starting this, I have already encountered numerous problems and solutions. One such example can be seen when I pondered over how to actually predict the habitability as there is no equation to do so. After throwing out some ideas, I finally came to a solution in which instead of comparing each individual component of planetary formation, I can

accumulate them into one variable and compare that with the conditions that were present on Earth to create life. However, I still must learn fairly complicated mathematics in order to accurately model radiation effects, magnetospheres, and molecular reflection of light.

Overall, stress is actually quite motivating and useful if used correctly, driving and pushing me to challenge myself and think in ways I had not previously thought of. With this skill, I am tackling, and will continue to tackle, problems unexplored by scientists to live up to the mathematical geniuses that came before me so I can continue the growth of science.