

Moving Ahead: Exploration Stage

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1. My anxieties have changed over the first weeks. Being in a welcoming environment calmed my nerves, and being surrounded by friendly staff help me not worry too much. In addition, I was worrying about doing everything right. However, I learned participating in my field experience is not about being perfect but about gaining new experiences and skills. My site supervisor is good at teaching me subjects that I need to be aware of. Even if I make a mistake, he is gentle and not harsh. In new learning situations, I learned I don't have to have an answer for everything, and each mistake or situation is a learning tool for me. I learned to be confident about my work and be authentic. Lastly, I learn it is common to feel anxious in new settings, and unfamiliar spaces. However, just because I feel anxious does not mean I must engage or allow thoughts of fear and anxiety to plague my mind. I learned to retrain my brain to think positively; if I am unsure about something, it is best to ask for help.
2. My creative strengths are becoming a more apparent and effective tool in my internship because I create flyers and brochures for events my field program hosts. I use certain colors and fonts to have our viewers engaged and to catch their attention. Due to my field program mostly inviting their viewers to events, flyers, and brochures are one of the most important aspects because they help keep the field program viewers informed.
3. Goals of the learning contract
  - Design- met
  - Copywriting-partially met
  - Editing of documents and social media content- social media not met

- Photographs-not met
- Facilitating work with seniors in East Harlem. - met
- Attending meetings and making appropriate visits to learning centers. -met

As of now, I am not disappointed, because the goals that are not met right now, will be met in the future. Overall, my field experience has been enriching and I recognized my field experience program has changed me and helped me mature as an intern.