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For a change this week, I was very tired, and for me, that was extremely distracting. Being tired affected my focus on my topics, which were pre planned, and sometimes caused me to ramble or lose track with what I was talking about. I learned a lot about how to focus on my show, and how to hit all of my points when going through a topic while distracted. When I caught myself rambling, I tried to go back to my notes, and think of ways I can connect back to my next point about that topic. In a way, I was also practicing a recently learned technique of live planning, where I am speaking while planning what I will say next, and think of ways to connect my next topic to my current topic. This also taught me a lot about how much sleep can affect your regular performance, as well as how it can affect me, so that in the future I can be better prepared for a situation like this to occur again to me, or any guests.

On my show, I was unable to report on any celebrity gossip because there unfortunately wasn't any that I was receiving or finding; however, I used that time to instead elaborate on a topic I discussed a show or two ago regarding the entertainment industry. Doing this allowed me to still keep the theme of my show entertainment based, without having to waiver, while also not trying to force anything that doesn't match the vibe of my show. I was also able to throw in some hints of personal talk in there, because a lot of the entertainment that was discussed were based on my opinions, and what I have been engaging with recently. This taught me immensely,

because there will always be times when your research/discussions will be a dead end, and in that, we have to learn to adapt to a better plan of action rather than trying to force news that isn't there.

This week, I also learned a lot about the history of broadcasting, as it was something I had researched on my own time to learn about. I learned a lot about the benefits of broadcasting, and why it was so important at the time it was invented. It has always been around to help deliver and receive messages around the world, which has aided in the long time communication struggle. As a people, we have been able to transform the communication, and news industry to make news known to people almost instantaneously, as it happens. This makes it that much more impressive to understand why the work we do is so important, further than just to earn a living.

In understanding this point of view that arose from the history of broadcasting, it has helped me to be a better host on the air, so that not only can I communicate with the purpose broadcasting was originally intended for, but so that I can also relate to my listeners in a way that takes us back to a time when the radio was muffled because that technology was so new. Understanding broadcasting in this new light provided me with a new sense of appreciation for the big picture, and makes me more interested, and aware of what broadcasting will become in the future. This also makes me excited to experience something new in the show every week.

Every week, I am humbled by learning something new about broadcasting that encourages me to not only want to learn more, but also things that force me to be a better host for future shows. I did not expect to be able to learn so much from this experience so consistently, but it makes me appreciate everything about this show, and getting the opportunity to do it. I would also like to mention that every week I learn something new, I am somehow always able to

use that growth and knowledge to my advantage the following week, and it provides me with a strong will to want to do more and be better as a host.