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Mr. Green

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OW Assessment 13

The past few weeks in ISM, I have had the opportunity to create an Original Work Project. This project blended my creativity and research as I made a poster for athletes portraying information about common sports injuries. This time has allowed me to reflect on my research, the change in my ideas, and my creativity.

Throughout this project, I had to do a lot of research that would inform me about the causes, symptoms, treatment, and prevention. I found many articles from medical professionals and medical facilities that gave me great information. As I found this information, I would organize it so it could easily be moved and captivated on a poster. I felt very accomplished as I was able to find information that was credible as well as formal in informing me about each of these injuries. I did not struggle with this much as all of the articles I had found shared mostly the same information and were all very helpful. This portion of my work greatly contributed to the development of my project as most of the information I had found contributed to my poster; however, this information was condensed and organized so that a kid would understand it.

Something difficult yet crucial for my project was the change in my ideas as I continued my work. In my proposal, I had written that I planned to create a presentation that coaches and trainers could show to athletes at the beginning of the year. Originally, this was a good idea because as an athlete I know that we have to sit through presentations at the beginning of the year. As I was finishing up learning about common sports injuries and beginning to think about

the next step, I began to reflect on how I wanted to go about the presentation. I also thought about my time watching the presentations at the beginning of the year and realized that I did not retain any information from them. Because of this, I had to come up with another idea to create a poster that could hang in a gym or a trainer's office. Making this change was difficult, but it was very crucial in the development of my original work. I am very thrilled with my decision to make the poster, and I believe that it is much more beneficial than a presentation for students.

Throughout this project, I truly developed a creative side of me to contribute to my product. As I was making my poster, I began to realize that something so simple, with no graphics, and bare colors is not appealing, especially to students. Because of this, I chose to add some bright colors as well as photos that are simple yet understandable for the injury. Although it was difficult to find a template and reorganize one to appeal to many, I took the time to become familiar with using creative features to make my work better. Being able to do this all successfully is something that I am very proud of and severely contributed to my work.

This assignment has greatly challenged me at times but has also made me grow as a student. I had to use deep and creative thinking skills to develop a product. Something I also learned during this time was how to manage my time during my work. I had to take a lot of time these past two weeks to make my product, so I learned a lot about how to make quality work during these times. I am proud of my product, and I am also thrilled about my development throughout this time.