

Student Name

Ms. Bradanini

Graduation Project

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#### Journal 4: Roadblocks and Reflections

If I had the opportunity to redo this project there really isn't much that I would change. I think the only part that I would change is shadowing Dr. Ziegler more because I had so much fun the first time. Some obstacles that I encountered on this project were feeling overwhelmed at first by the sheer scale of the project and trying to organize everything but I made smaller goals and broke down the project which made it a lot easier. I was also challenged by the idea of getting me, a high school student, into the Heart Center. There was quite a bit of paperwork and everything, and I even had to get updates on my COVID and flu shots in order to get into the Heart Center. I totally understand why there were so many precautions but it definitely was a lot. It was also very hard to find a time between my busy schedule and Dr. Ziegler's busy schedule to get me into the Heart Center but we got there in the end and I am so thankful for the experience. I worked through these obstacles by just taking the project one part at a time and not overwhelming myself too much; I made a lot of checklists and to-do lists in order to help me complete this project and to keep me completing things in a timely manner. The new learning that I will take with me is that while projects like this can take a lot of work, they can also be so much fun. The skills that I learned that helped me to complete this project will also help me in the real world. I learned to communicate professionally with other people, and I learned how to

manage my time and make lists in order to keep myself in check and on track to finish the project on time.

Through this project, I was also able to meet and demonstrate the five learner qualities. Foremost I demonstrated being a self-directed learner because for part of this project, I had to do my own research, I also had to make sure I kept myself in check when writing all of the journals and also made sure that I got everything done in time before I could move on to the next step. I also demonstrated being a collaborative worker because I wouldn't have been able to complete this project without the help of Ms. Spas, Ms. Bradanini, Kata, Kate, Tamara, the other doctors and medical students at the Heart Center, and of course Dr. Ziegler. All of these people were able to guide me through the project and also help me with my fieldwork. Dr. Ziegler did an amazing job explaining to me different congenital heart conditions and he also did an amazing guiding through my day with him. We were able to collaborate respectfully and effectively which allowed me to complete this project. I also demonstrated being a respectful citizen because when I shadowed Dr. Ziegler I was working with real patients so I had to be respectful and responsible. I showed a growth mindset because I had to overcome obstacles to do with planning and my motivation and in the end everything did end up working out because I was able to stay organized and because Dr. Ziegler and I were able to communicate so well. Finally, I demonstrated being a quality producer because I was able to write four journals based on my experience and I did hours of research and fieldwork with my mentor. I feel that I accomplished what I wanted to on this project and I was able to expand my knowledge and create a credible final product.