

Inward Reflection

Our second reflection prompt is an emphasis on how we feel personally about the partners, how we have been contributing to the projects at hand, and how our interactions can affect feelings about our work. This is important in that how you feel when presenting can really set the tone for the whole project, like if you are in a bad mood, or if you seem annoyed, that sets the tone for the people you are presenting to and puts them in a bad mood regarding the project. Emotions are a powerful tool, and in this reflection, I hope to describe my experiences with them.

For one, if I'm being honest, I can get extremely nervous when presenting to people. I get so lost in my head on making a good impression that I can stumble on my words and skip over them entirely. This one occasion I had very recently, I had made a whole script of something I needed to say to my roommate, who was doing something that lessened my quality of life by quite a bit, but when I went to confront him about it, I fumbled, I stuttered, I tripped over my words, and in the end I was a complete and utter mess. I was lucky it worked out in the end, but I still regret how I handled that whole situation.

My other flaw related to presentation is my tendency to dissociate when the attention isn't on me, like if I am not the one presenting at that current moment, or if I have just presented my part, I will retreat into another place mentally. This also plays into my anxiety about presenting. I get so lost in my head over doing everything right that once my part is done, I am fully burned out. This actually happened at the SIUE System Day CODES Showcase. Presenting to Elected Officials was a very daunting task for me; whenever someone walked up, we had to immediately get into presentation mode, which for me meant swallowing my anxiety and looking decent for the Elected official.

Now, regarding my site visits, I feel the virtual nature of them has relatively alleviated my nervousness. One thing I think I'm doing well is I'm getting better at actually laying out the ideas for the partners. One thing my group has been doing is we are writing down all we want to say to our project partners during our meetings, our questions, and our findings. This helps us in that we don't stumble all over our words and we are able to present our ideas without issue. One thing I feel I could do better is my contribution to the group, my group says I do a good job in my contributions, but I feel like I could do more for them, maybe I could be the one to take notes from the partners, or I could be the one to present the main findings to them.