

Olive Ausness

2 May 2025

INTD 255 Journals

I found the journal reflections assigned for this class to be very enlightening. They had me think about topics that I wouldn't have thought about otherwise, and helped to put the stories we read in this class into perspective. By writing about a survival situation, I gained a newfound appreciation for instinctive action and its ability to keep us safe in dangerous situations. The second journal entry, about being "different" helped me to better understand how quickly we become used to our surroundings or environment, and how places that aren't even very far away can be so foreign. I'd always heard about culture shocks, but I thought that I'd have to travel further from home to experience it; looking back, I experienced culture shocks just a state away, in Oregon.

Keeping track of my diet for a week helped me to understand what it would take to plan rations for an expedition of any kind. I would need a good understanding of the amount of calories I need not just for a normal day, but for a day full of travelling through harsh conditions. I would need to account for this exertion in my calories consumed, and would need to bring enough rations to sustain myself for the entirety of the trip (plus a little extra for safety). This is extremely complicated and requires a lot of forethought, which I was made aware of when documenting my diet. Similarly, the "Over the Seas" journal assignment made me aware of just how much effort goes into planning an expedition. Plotting a course, packing food, etc. is extremely difficult, especially when you're travelling to somewhere far away that you've never been before. I also reflected on my navigational skills; my mom always says I'm a good

navigator but I realized that my sense of direction is pretty good too. I was able to find my way home after wandering around, looking at houses for an hour. I'm sure this wouldn't translate into real life navigation, like what Amundsen did in Antarctica, but it's a start.

These journal assignments made me think about myself and my character. I realized that I am capable of more than I think I am on the surface; I am able to accomplish difficult things if I put my mind to it and can rise to the occasion when given leadership roles. I am proud of these strengths and hope to grow into them more. I really liked doing these journal entries. They helped me to better understand what these explorers were going through by drawing comparisons to my own life. I think this newfound ability to reflect on my experiences and skills is going to be very helpful in looking at things through other perspectives. I appreciate this assignment a lot!

Weekly journal assignment: "Survival Situations"

In 2018 my family and I went on a road trip to Colorado for spring break. It was still cold and snowy in Colorado, but nothing that my dad's driving and our rental car couldn't handle. Towards the end of our trip, we had planned to drive down into New Mexico. None of us had ever been before and it was only a three hour drive south to Albuquerque. We checked the weather forecast before leaving; it was supposed to be sunny and warmer than it had been in Colorado. Just as we passed the state line into New Mexico, we noticed that the approaching cars- the ones leaving New Mexico- were dusted with snow. As we carried on, the cars approaching started to be covered with snow. What started out as appearing to be a light snowing had quickly turned into a blizzard that we had driven right into. Both my parents were born and

raised in Southern California and neither has much experience driving in an active snowstorm. We also hadn't gotten chains for the car because the forecast only showed sunny skies. Our set assumptions were violated as the weather was much harsher than we anticipated. We were also in an unfamiliar place with limited information on the area as well as driving in unfamiliar conditions. Our van lost traction and slid around the highway along with many of the surrounding cars. My mom, my siblings, and I all panicked as my dad tried his best to regain control of the car. Somehow, he stayed calm and focused on keeping us from harm. He navigated the car to the shoulder, where we waited for the storm to pass and then headed back to Colorado.

I don't know how my dad put aside his fear to focus on keeping us safe but I'm so grateful that he did. We had a very real chance of getting into a serious wreck, but he found a way to stay calm and focused on removing us all from this perilous situation. Afterwards he told us that he had been very frightened, and rightfully so, but that he knew he had to regain control of the situation and turn the car around.

Weekly journal assignment: "Different"

Having never traveled outside of the country, I struggled to think of an answer to this prompt. In the small group discussion in class, both my group members had examples of being in foreign countries where they spoke very little of the language and were mostly unfamiliar with the culture. After hearing these stories, I felt like I didn't really have any experiences that would compare.

In my own way, I have encountered a space that was extremely different from my home. Its much closer than Europe or China, but I still felt out of place and culture-shocked while I was there. This place was Portland, Oregon.

For my first year of college, I attended Lewis and Clark college in Portland, Oregon. I had experience traveling in Oregon with my family and loved what I'd seen of it. Lewis and Clark offered me an extremely good scholarship, and I have an uncle who lives less than 20 minutes from the campus. It seemed like a really exciting opportunity for me to further explore the state that I love so much, get closer with my family that lives there, and attend a school with a beautiful campus. Lewis and Clark also has a great environmental studies program, which is what I thought I'd be interested in; it turns out that environmental studies is actually different from environmental science, which is what I'm studying at Whittier.

I spent months convincing my parents to let me go, but leaving home was very hard for me when the time came. I was extremely homesick, which didn't help me to navigate the strange culture of LC at all.

Even though I'd visited Oregon at least 6 times before moving up there, I'd never spent any extended length of time in Portland. It's somewhat like a slightly cleaner, more spread out, gloomier, and more hipster version of San Francisco, which wasn't what I was expecting based on the other cities in Oregon I'd been to. That discovery was surprising but not as shocking as the general attitude of the student body at LC.

Here are some differences that really shocked me: EVERYONE skipped class to sunbathe in the campus lawn any time there was a glimpse of sun; no one carries umbrellas, ever; the Mexican food was so so bad; the beachers were foggy and freezing but people still went for fun; there was never any traffic in or around the city; my classmates called our professors by their first names; I woke up every morning with a view of snow capped Mount Hood.

Obviously I expected things to be different when I moved out of state, but it was the small things I didn't expect that made me feel like an outsider. So many habits and norms felt so

strange to me, but no one else seemed to care. At least once a month, food trucks came to campus to hand out free food; there was always some kind of protest or demonstration happening on campus; the small campus store sold pints of ice cream for \$10!

It wasn't a huge shock, or at least as striking as if I went abroad, but living in Portland still felt extremely different. To a degree, I felt isolated. Things that I take for granted living in California- the sun, nice beaches, good Mexican food- were so different in Portland. I had to adjust to living without my family right next to me. I learned that different does necessarily mean bad. I did have fun while I was at LC. I made some friends that I still talk to. I got to experience a snowy winter and a real thunderstorm. I learned to appreciate the new opportunities I had in Portland. So, although it was difficult to adjust at first and I ended up moving back home, I'm glad that I went out on my own to face this new place. I hope to do it again someday! I'm going to London, Scotland, and France for the May abroad term this year so I imagine that'll be even more "different". :)

Weekly journal assignment "Diet"

2/2/25: Sunday

Breakfast: yogurt with protein powder and coffee

Snack: granola bar

Lunch: rice pilaf with salmon

Dinner: roasted vegetables

Caloric estimate ~ 1,160kcal

2/3/25: Monday

Breakfast: yogurt with protein powder and coffee

Snack: pita chips

Lunch: lentil soup

Dinner: apple slices with peanut butter

Caloric estimate ~ 1,090kcal

2/4/25: Tuesday

Breakfast: yogurt with protein powder and coffee

Snack: granola bar

Lunch: rice pilaf with Greek tomato beans

Dinner: lentil soup

Caloric estimate ~1,200kcal

2/5/25: Wednesday

Breakfast: yogurt with protein powder and coffee

Snack: Asian pear

Lunch: roasted vegetables with teriyaki tofu

Dinner: Greek salad

Caloric estimate ~1,120kcal

2/6/25: Thursday

Breakfast: yogurt with protein powder and coffee

Snack: granola bar

Lunch: lentil soup

Dinner: sushi

Caloric estimate ~1,120kcal

2/7/25: Friday

Breakfast: N/A

Lunch: spinach ravioli with pesto and italian “sausage”

Dinner: lentil sloppy joes

Caloric estimate ~1,090kcal

2/8/25: Saturday

All: crackers and gatorade (I got sick)

Caloric estimate ~600kcal?

2/9/25: Sunday

All: crackers and peanut butter toast (still sick)

Caloric estimate ~800kcal?

Weekly journal assignment: “Pushing Yourself”

Last semester, I was enrolled in a 300 level marine biology course. I’ve only really taken a 200 level biology course and that was plant biology, so very different from marine bio. The exams for marine biology were extremely difficult, both in my opinion and in the opinion of my

classmates. Everyone in that class was concerned about the exams and how they were graded. I did alright on the first exam, but the midterm covered so much more material; I felt overwhelmed by the amount of biology I was expected to be able to explain, draw, etc. I think the study guide for the midterm was around 350 slides from class. I knew that I had to study if I wanted to pass. This included studying life cycles, roles in the environment, physical composition, diet, etc. for a variety of marine species. It was the biggest exam, content wise, that I've ever taken.

I was scheduled to work until 10 pm the night before the exam, so I knew that I couldn't rely on last minute cramming. I spent the week leading up to the exam making flashcards, rewriting my notes, having my little sister quiz me, and meeting up with my classmates to study. That's the most I've ever put into studying at once, as well as the longest I've spent studying leading up to a test. The day of the test came, and I felt pretty confident. I knew that I did everything I could to prepare for the exam. I believe I scored an 86% on the exam; despite all my effort the exam was still very difficult. But, it could have been worse.

I think I handled this pretty well. I usually try to ignore daunting tasks until the last minute, because I get so overwhelmed thinking about them. This is not a good method and I am trying to stop doing it. I need to face the challenges as they come rather than hide from them until the night before they're due. I'm proud of the work I did to study for this exam. I'm hoping to implement the same methods for my exams this semester. In hindsight, I should have spent more time studying the basics for all the organisms we learned about rather than go in depth about a few. I should have practiced drawing water-flow diagrams. But you live and learn. I know that I did my best and I'm proud of that.

Weekly journal assignment: “Over the Seas.”

I would love to travel to Reykjavik, Iceland. I used google earth to determine the distance to Reykjavik from Whittier, California using the Panama Canal. I would travel to Long Beach port from Whittier, and then south along the coast of California down towards Mexico. I would stick relatively close to the coastlines until I reached Panama, then I would take the canal to cut across the country and end up in the Caribbean Sea. From there, I could travel north along the coast of Venezuela, and cut north past Dominica. From there, it would be a stretch of sailing to the northeast until I reach Reykjavik. This would be about 8,025 nautical miles and would take around 53 days traveling at 150 nautical miles a day. My brother and sister would come with me, so we would need enough food for three people for at least 53 days. Assuming we each need around 2,100 calories a day, we would need to take at least 333,900 calories worth of rations, though we should probably take double that just to be safe. To deal with deficiencies, we would take fresh fruits and vegetables at the start of our voyage and restock at the mouth of the Panama Canal, if possible. Otherwise, we could fish from our ship to get the vitamins and minerals we need, as well as bring vitamins and supplements with us. I don't know if this is possible, but taking plants like strawberry or tomato plants with us to grow and eat while on our voyage would be very beneficial. We would have to bring enough freshwater for ourselves as well as the plants.

Weekly journal assignment: “Small.”

I felt small when I went to SoFi stadium to see Taylor Swift in concert two summers ago. SoFi stadium can hold up to 100,000 people, which I think it was close to for my show, but there were thousands more people who didn't get tickets that were waiting outside the venue, to buy or sell goods. I don't think I've ever been anywhere with so many people before in my life. It was

very overwhelming, especially considering how excited and loud everyone was. I've been to many concerts before but none in such a big stadium with so many people. Looking out into the crowd before the show began was difficult to comprehend. There were so many people. Waiting to get into the venue, waiting in the merch line, waiting for food, waiting for the bathroom, etc. took so long. My ears were ringing the entire time. I don't think there was a time where I wasn't pushed up against someone else in a crowd. It was insane to me how many people were there to see the show. Leaving the venue was a mess of course. I was but one person in the crowd of thousands.

I feel a similar way when I'm on a plane, looking down on the world below me. I've been on a plane alone before, not with my family or friends, and that really adds to the feeling of being small. There are so many people below that I can't see, who each have their own lives and ambitions and friends, and I think of all the people who have looked down on me from a plane, thinking similar things.

Weekly journal assignment: "The Goal of My Life."

The overall goal of my life is to be happy and surrounded by people I love and who love me. I feel like this is the only way to live a fulfilling life. I'm not sure how to accomplish this other than by being kind and open and accepting. I am already surrounded by people I love. I want to keep them close. I think this ambition is not a unique one, but that it highlights my character. I don't care about success necessarily, but I want to live my life with joy. I want to be financially secure of course; I think I'd like to be some kind of environmental manager for a city, but more importantly I'd like to travel with my loved ones and see new sights with them. I think I should spend my life happy.

Weekly journal assignment: “Lost.”

I’ve been lost while walking in the neighborhoods around my house. I had a phase a few years ago where I would go on two to three hour walks each day around my house but I’d try to go into new neighborhoods I’d never been in before. I was usually pretty good at finding my way back, but a few times it was like I went into a maze. I actually had to pull out my phone to check Google maps to find my way out of a neighborhood once. I tried to get out on my own but I kept walking into cul-de-sacs or ending up on streets I hadn’t walked in before. The hills before Hacienda Heights are north of my house, so I was able to look for those to try to find my way out, but the issue was I couldn’t find an exit to the neighborhood. I’d just walk down the street and make a right or left depending on which direction had cooler looking houses, without thinking about where I was headed. I even ended up in a city over from mine once, after walking and looking at houses. I wasn’t more than two or three miles away from my house, but it was shocking to realize that I was in another city without realizing. I did pay attention to my surroundings while I was walking, but I didn’t necessarily keep track of where I was headed; I was able to explore new areas that I otherwise wouldn’t have seen.

Weekly journal assignment: “Letters Home.”

July 31st, 2021

Hi everyone! We finally made it to the California-Oregon border! Yesterday Matt hit some kind of object on the freeway and the car started making weird noises so we had to get it towed. We had to wait at the Toyota service center in Livermore for almost 6 hours while they fixed it. I still don’t know what was wrong with it. We had planned on going into San Francisco

to get food from Anika's favorite restaurant but we couldn't because we were stuck in Livermore. Once we finally got back on the road, we still had time to stop at the Trees of Mystery and took pictures with Paul Bunyan and Babe the Ox. It was stressful getting the car fixed and I was worried we'd have to head back home but we are still on our way up north! Later today we are going to arrive in Newport, Oregon! I think we are going to spend a few days there before heading to Astoria. I don't think we are going to the aquarium while we're here though.

I don't want to brag but the weather is so nice here. I know it's probably sweltering back home. Here, it's been sunny with a few clouds and a nice breeze; I don't think it's been over 75 degrees! That's probably just because we've only been on the coast; the beaches here are so cold.

We stopped to get food before getting into Newport. I got a veggie burrito and it has celery and zucchini in it?! I've had so many veggie burritos and they've never had celery or zucchini in them but I guess that's what I get for trying Mexican food in Oregon.

Anyway, I can't wait to get to Astoria. We are going to get breakfast at Coffee Girl every day we can, and visit the Goonies house. I'm excited to just sit and watch the ships come into harbor. This will be my third time visiting Astoria but it's Matt's first time! I think we have to see all the sights. We might even take the bridge into Washington! Anika and Matt both haven't been to Washington before, so that could be fun. I'm not sure what we could do there though. I think we are planning to meet up with Eric and Laura in Portland. That'll be so fun. I haven't seen them in YEARS. There's also a lot of good food in Portland. And a cool bookstore I want to check out. After Portland, we are heading down to Bend to float on the river. I wish you all were here. You'd be having so much fun. It's not the same going on vacation without the whole family.

Weekly journal assignment: “Leadership.”

I was asked to lead my high school swim team, kind of. My Junior year of high school, the swim coach asked me to be team captain. I had never been a team captain before, and it doesn't really mean that much for a swim team, but I was still responsible for my teammates. I had to make sure they knew the dates and locations of the meets, as well as what events they were swimming and when. I helped plan the end of the year banquet, and organized a beach outing for the whole team. I made sure everyone had a cap and suit with our school's name on it.

Swimming is a solo sport for the most part, so being a team captain and encouraging unity is a little bit more challenging. I had no idea what was expected of me. And to be honest, not that much was expected of me. I was basically just a student representative with the coach. I was very nervous about this role and wanted to do my best and I think I did, but looking back, it wasn't as big of a deal as I thought it would be.

Weekly journal assignment: “The Climate Future.”

I already do not eat meat, eggs, or dairy products. I don't shop fast fashion. I fly very infrequently and carpool when I can. I use the same electronics until they're no longer functioning. I think my main issue I need to address is my plastic use. I go to coffee shops a few times a month, and I'm always given a plastic cup. I know some places will fill a cup if you bring it to them clean; I've been wanting to try this but I don't have a cup that would work for this yet. I eat granola bars and drink coconut water that comes in plastic packaging. I think it's very difficult to avoid plastic in the realm of snack packaging. It's the same with skincare. I've been trying to buy only glass bottles or paper packaged products but it can be very difficult and

expensive. I already use shampoo and conditioner bars, which come in paper boxes, but my toothpaste, hairbrush, etc. all contain plastic components.

I think every effect of climate change will have an impact on my life, directly or indirectly. Even though I don't eat meat, other foods I do eat will be impacted by climate change. For example, I eat a lot of zucchini; changes in weather patterns and events could make growing zucchini too costly to justify (or just impossible) and I'd have to find something else to eat, if there will be anything else. Sea level rise would bring coastal residents inland, which could crowd the area in and around where I live.

I feel like the effects of climate change can and do affect everyone on earth, so it's difficult to write about how they would affect me specifically. Any loss of habitat, species, human life, etc. is devastating and should be grounds for action on the part of governments.