

Remodeling interior and exterior spaces

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Learning Report

Abstract—This report describes the skills I gain and the challenges i overcome while volunteering for the Centro Paroquial do Campo Grande, which consisted of painting a room for kids to stay and play in while their parents are at work, and digging the terrace to prevent further infiltrations in the building. During this activity i learned to adapt to a new enviorement,by working in a area which i knew very little about, learned to strive and not give up even when the work is tiresome and long, as it involved a lot of physicall activity. This ultimately led to the development of soft skills like perseverance, adaptability, dedication and of course, time management skills since i had manage my study schedule and personal life with the activity.

Index Terms— \LaTeX , Motivation, Management, Organization, Adaptability, Perseverance, Communication, Time Management.

1 INTRODUCTION

At the beginning of this semester I wanted to apply myself to some kind of volunteering. I applied to three activities this semester, each one with its own kind of volunteering, so that I could gain some insight of what it was like to be around people who were in need, and helping them brought me personal fulfillment and joy.

At the same time it taught me some very important soft skills by putting me out of my comfort zone that will surely come in handy in my professional future. By going against obstacles that

different perspectives, be around different people, hear new conversations about topics I know nothing about.

At the same time, helping others is self-rewarding of course, so the work itself would not be so hard as I knew it was for a good reason. Being in a kind of environment where people need help is always hard because we are faced with some cruel realities of life.

I knew this going in to the activity, but it was also because of that I chose it.

Me being there, facing those situations, supporting those people in difficult times, helped me grow, I strongly believe that when faced with a difficult environment, people can overcome them and grow.

Other motivation was that while studying, we only focus on accomplishing that task, therefore, we make ours schedules only thinking of "when am I going to study this?", so having another task to conciliate was a challenge and took me organization and time management skills to overcome it.

Finally, painting and digging are two very physically demanding task, so it would take

2 MOTIVATIONS

Studying for three years to complete my Bachelor, like all my colleagues, took away most of my time, so it was with great joy that i found out that the subject Portfolio Pessoal III (PPIII) would allow me to explore

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(1.0) Excellent	LEARNING					DOCUMENT						
(0.8) Very Good	CONTEXT x2	SKILLS x1	REFLECT x4	S+C x1	SCORE	Structure x0.25	Orthogr. x0.25	Gramm. x0.25	Format x0.25	Title x0.5	Filename x0.5	SCORE
(0.6) Good												
(0.4) Fair												
(0.2) Weak	1.2	0.8	2.8	0.6	5.4	0.2	0.2	0.2	0.2	0.2	0.5	1.5

endurance, perseverance and the mind set that even if the task is hard and exhausting, we can not give up. I wanted to test myself, see if i had what it take to overcome this challenges and ultimately this were the reasons I chose this activity.

3 CHALLENGES

One big challenge I faced over the course of this task was the physical strain it took on my body, since I had recently been doing therapy because of the neck injury I had during the summer. However I tried my best to complete the task at hand, without forgetting the limits of my body.

I also had the problem of the time it took for the paint to dry so that I could apply a new layer, since the the place was poorly ventilated my activity had to stop from time to time I order to give time for the room to "breathe". It required me to learn patience, to wait for the conditions to be right so that I could maximize the final outcome.

In both activities I had very little previous experience, meaning that I had to adapt and learn new skills and techniques in order to complete the tasks at hand.

4 SKILLS ACQUIRED

4.1 Adaptability

One of the most important skills that this experience has brought to me was adaptability, the ability to work on a different environment than the one I am with every day adapt myself efficiently and fast to changed circumstances.

The kind of work I had to do made me gain the the skills to adapt to any further work I might have that requires me to perform outside of the spectrum of what was taught during the course.

4.2 Perseverance

Even though the work was hard, both physically and mentally, it needed to be done. I understood the effort required to do something and kept doing it till the end, even if it was hard. So even though I was under the sun getting my clothes messy or in a basement without proper ventilation I had to find in myself the strength to carry on.

Sometimes I messed up and had to repaint the walls, for example when I was painting a white wall and I got a drop of green on it, but even that was a way for me to learn to endure and persevere.

4.3 Time Management and Organization

Having to schedule the days on which I would be doing the activity required me to organize my calendar, analyze act, plan and exercise conscious control over the amount of time spent on specific activities, especially to increase effectiveness, efficiency or productivity.

I had to prioritize projects and make to-do lists to keep myself on track, which will prove to be a great asset in the future since now, more than ever, time is money

4.4 Communication

Another skill I gained, to properly convey information to another effectively and efficiently.

The simple act of communicating with other people is a skill that needs refinement and through this activity I learned to properly communicate by mail with other people using the proper language and formalities.

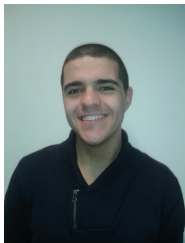
5 CONCLUSION

This subject allowed me to gain a very helpful set of new skills which will surely contributed to my personal and professional grow.

I tried to take as much from this experience as I could, because I know that every day is a new opportunity to learn and prepare my self for the future.

Another very important step that allowed me to gain more soft-skills that will make me a better person to be around and work with.

In this type of document (technical), the conclusion should start with a summary of the subject addressed and then should highlight the results.



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