

Rhiannon Chaffins

IS_LT 4355

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Website Design Plan

- **Section 1: Website Type and Purpose**

- For this project, I have chosen to build a portfolio website. I have chosen this type of website because it encourages me to explore and reflect on previous projects I have done and projects I would like to explore. My professional, educational, and personal goals include pursuing projects and activities that combine writing, content creation, and instructional design, and I believe building a portfolio website will be a good first step in showcasing and further pursuing these types of projects.

- **Section 2: Home Page Content**

- *Welcome Statement:* Hey there! Welcome to my little corner of the universe that's always overflowing with new ideas. I invite you to take a stroll through my previous and current projects and join me on the journey of dreaming up even more ideas.
- *Purpose and Goals:* Life can be challenging, but a difficult journey doesn't have to define one's happiness. My mission is to help others understand and navigate the obstacles they face and discover ways to build happier, healthier lives. By openly sharing my own struggles and the lessons I've learned, I aim to demonstrate that positive change is not only possible but crucial for fostering a healthier and happier life. Through sharing what has worked for me, I hope others

are able to find the inspiration they need to discover what works best for them.

Ultimately, my greatest fulfillment comes from working individually and collaborating with others to create resources that help others find more joy, balance, and well-being in their own lives.

- *Quote*: “Because it’s our first life, worries are aplenty, and anxiety, too. Because it’s our first life, it’s precious. Because it’s our first life, nobody knows what’ll happen, even in five minutes.” (Quoted sourced from the novel *Welcome to the Hyunam-Dong Bookshop* by Hwang Bo-Reum, pg 264)
- +++ Background Photo ([BACKGROUND IMAGE](#))

- **Section 3: About/Educator Credentials Page**

- Hello! My name is Rhiannon. I am 23 years old, an undergraduate student, and a full-time corporate employee. Driven by my interest in psychology and wellness, I completed an associate’s degree in Social and Behavioral Science in 2022. Before starting my bachelor’s studies, I took time to reflect on my priorities and personal growth. During that period, I worked as a substitute teacher and ultimately decided to continue pursuing my passion for well-being by studying psychology. In 2025, my plans evolved, and I transitioned to studying Educational Studies, with a focus on information science and learning technologies. After I finish my bachelor’s, I intend to further my education by earning a master’s degree in learning technologies and design. Outside of work and school, I enjoy reading, cooking and baking, and gaming. As a former competitive dancer of 14 years, I also love staying active through long walks, hikes, Pilates, and yoga.

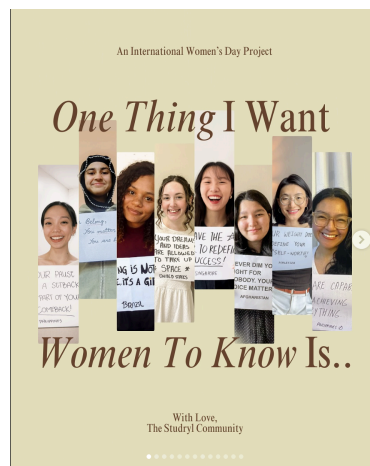
- *Education Overview:* I initially started college in January 2021, receiving my Associate of Arts degree in Social and Behavioral Sciences from Moberly Area Community College in July 2022. In January of 2024, I began working towards a bachelor's in Psychology at the University of Missouri and completed one semester before taking another break from school. In June 2025, after careful consideration of my academic interests, I switched my major to Educational Studies and began working towards a degree with a focus on information science and learning technologies. Following the completion of my bachelor's degree in May 2027, I intend to continue at the University of Missouri and pursue a Master of Science in Learning Technologies and Design.
- +++ Professional Photo of Self ([HEADSHOT PHOTO](#))
- +++ Link to PDF resume ([Resume - Current](#))
- +++ Short professional about me video-clip (30-60 seconds). ([PUBLIC VIDEO LINK](#))

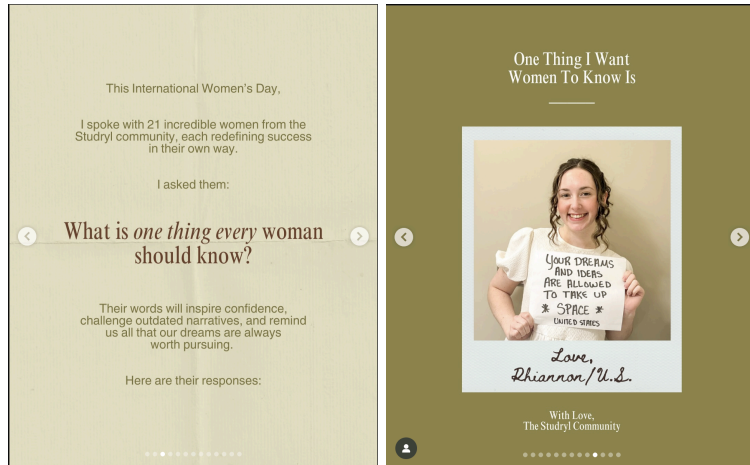
- **Section 4: Projects/Experience/Content Page**

- *Project #1*
 - https://www.instagram.com/p/DG7q5pNTLQ9/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==
 - *Description:* In March 2025, I received an exciting opportunity and promptly volunteered to participate in a collaborative project for the first time, alongside women from all over the globe. The project brought together 22 women representing different countries, each invited to reflect on and answer the question,

“What is one thing every woman should know?” We each chose a personal piece of advice to share, created signs displaying our messages, and submitted photographs to be compiled into a unified and impactful post. The end result provided wonderful pieces of advice not just for women, but for individuals all over the world.

- *Reflection:* This project is not something I would normally volunteer for. However, after taking the initiative to push myself out of my comfort zone, completing this project helped ignite passions that have been lingering in my brain for years. Being a part of this project has been one of the biggest highlights of my year. Following this project, I look forward greatly to the opportunity to participate in another similar project, either with the same creator or another wonderful creator.





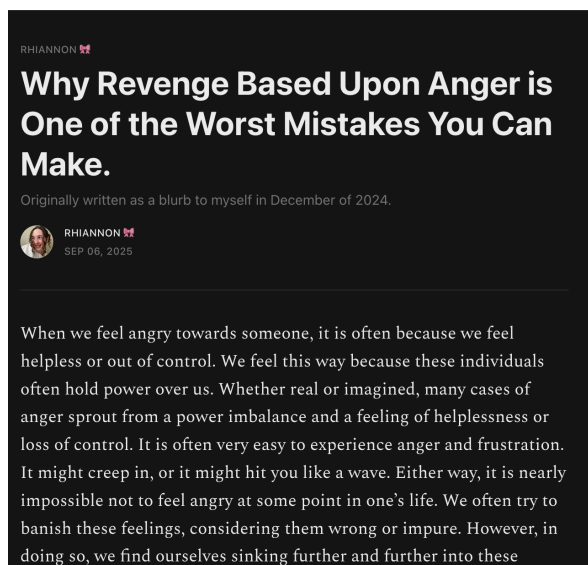
○ *Project #2*

- <https://docs.google.com/document/d/16x8pwZv5ZzqnVeLREgKdMpDp9bBRuFixEWcpZIQTUbU/edit?usp=sharing> (*Paper on the intersection of mindfulness/mediation and education*)

- *Description:* This paper was written for a previous course I took while pursuing my bachelor's degree. The prompt for the paper was to select a topic related to positive psychology and discuss how incorporating this subject can alter the current status quo within a specific sector. Guided by my interest in improving well-being, I decided to address the benefits of incorporating mindfulness and meditation practices into education facilities and settings. The paper discusses what mindfulness is, the current status of educational institutions, how mindfulness can be incorporated to improve educational settings, the long-term effects of implementing and engaging in mindfulness practices, and provides a brief description of the connection between mindfulness education and its impact on society.

- *Reflection:* The research required for this paper encouraged me to look outside my usual bounds of well-being and discover how my topics of interest directly impact educational systems. Due to its five-page limit, this paper does not include all the research reviewed nor all the ideas that could have potentially been presented. I believe it would be interesting to conduct further research on this subject.
- *Project #3*
 - <https://substack.com/@rhisworld/note/p-172988138> (*Substack post, originally written as a potential blog post/personal blurb in 2024*)
 - *Description:* This post reflects a project I'm currently pursuing. I have been interested in sharing my experiences, lessons, advice, and little blurbs for many years. I have previously written several short articles on different subjects. This particular article discusses my personal feelings, experiences, and advice surrounding the concept of revenge. Future topics for discussion include, but are not limited to, how to be “happy,” daring to be a beginner, building healthy habits, the secret behind eating “right,” setting boundaries, reducing feelings of guilt, the importance of positive environments, and more. I recently decided to start posting my writings on a public platform as a way to challenge myself and offer advice to others.

- *Reflection:* This project is something I'm really excited to pursue. Publicly posting personal experiences, advice, and writings is something that is entirely out of my comfort zone. My goal in beginning this is to encourage myself to conduct research on the topics that interest me and to engage and collaborate with other individuals. It is a small step toward my ultimate goal of creating and writing content surrounding topics related to mental, physical, and overall well-being, and being able to offer encouragement, advice, and inspiration to others.



- **Section 4: Personal Reflection**

- Despite only being 23, my work history spans back 11 years. At the age of 12, I received my first company-paid position as an assistant dance teacher at the studio where I was a student. In my early teenage years, I began working at fast-food restaurants. By the time I reached 16, I had taken on the role of night shift manager at the fast-food institution where I worked. At 18, I broke out of the food

industry and landed a role as an operations manager for Buckle. When I first moved to Columbia and started school, I left Buckle and spent some time working for Walmart. In 2022, my grandmother and I moved to Florida, where I began substitute teaching for the Polk County School District. However, after just one year, life brought me back to Columbia when I began working towards building a more stable life.

- After returning to Columbia, I began what I hope will be a long career at the University of Missouri. In late 2023, I was hired as a patient service representative. After two wonderful years with the Missouri Orthopaedic Institute, I decided to seek a new role better aligned with my future career goals. I explored multiple job openings, but in the end, it was a role I hadn't originally pursued that ultimately turned out to be the perfect fit for me. My new role as a procurement and asset specialist marks my first move into a more formal corporate setting and an important step toward the career I am currently working toward.
- After completing my bachelor's degree in Educational Studies with a focus on information science and learning technologies in May 2027, I intend to further my education by beginning a master's program in August of the same year. My current goal is to earn my master's degree in Learning Technologies and Design, with the intention of becoming an instructional designer for either a college or a corporate company. While I do have an interest in becoming an instructional designer for a college, my primary goal is to work for a corporate company in a position that combines writing, content creation, and/or instructional design.

- Although I no longer aspire to build my career within the field of psychology, I do intend to combine my passion for psychology and well-being with the skills I acquire as I continue my education and pursue new career opportunities. My ultimate goal, aside from my main career, is to create resources that provide guidance on creating and maintaining a happier and healthier lifestyle. I look forward to continuing to collaborate on projects and working with other individuals to provide impactful insight and content in the field of mental health and well-being.