# INTERNSHIP PERIOD – <20 Nov, 2023> to <24 Nov, 2023>

Name of student intern:

**Wang Jiaxu**

Name of the company:

**Nanyang Technical University, ARISE**

Course:

**SDM**



*Week 1 Report: Date Questions to answer:*

1. **What are your initial reactions to your first few days? What are you looking forward to? Is there anything you are disappointed about?**

The start of the first day felt a little hectic,we were thrown right into field work without having an initial briefing before then,however,it still was very manageable. With the field work,we were able to have a closer interaction with the target audience of our project and achieve a better understanding. Compared to the constant office work of FYP, it was a nice change of pace.

I felt somewhat disappointed that we didn't have an actual development project that we can work on as of now, but considering now being the peak of field work, I appreciated not having to juggle two different things at the same time. This would soon be solved as we were told that after the 3rd week we should shift from focusing on field work to active development.

1. **Read the entire website of the organization and read relevant marketing materials about the organization (If possible ask for an annual report or similar document). Do a summary of what the organisation is about and does.**

<https://www.ntu.edu.sg/arise>

ARISE is a pan-university institute at NTU focussed on ageing-related research, programmes and activities to address the demands of an ageing population.

ARISE acts as a coordinating body to synergise the efforts and resources between various groups, both within NTU and trans-organisation, to optimise the outcomes and impacts of our efforts to benefit the individuals in particular, communities and society in general.

**Vision**:

Empower the ageing community and improve the quality of life.

**Mission**:

Pursue elderly-friendly, innovative solutions to ageing-related issues by harnessing its strengths in technology and engineering.

**ARISE primarily focuses on**

(i) Ageing Medicine

(ii) Social Integration and Education

(iii) Ageing-in-Place

(iv) Care & Lifestyle Enhancement

1. **List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?**

The programming side of tasks have not been assigned to us as of the first week, as the focus would be primarily on field research at the elder care centre for this week and the next 2 weeks.

For us interns right now, we will be allocated as either a game trainer or an interviewer for the field work. As a game trainer, we will just have to stay near the 3 game stations and explain to the seniors how they play each of the games. As for the interviewer, we will assist the seniors post-game to complete a survey,a short physical test, and the MOCA test,to help gather relevant information for NTU ARISE.

I found being an interviewer to be tough,as it mainly requires the cooperation of the elderly,with some elderly's not requiring any assistance at all,while some requiring help for the survey the entire duration. Communication is required but it is also the difficult part of this role.

# INTERNSHIP PERIOD – <27 Nov, 2023> to <1 Dec, 2023>

Name of student intern: **Wang Jiaxu**

Name of the company:

**Nanyang Technical University, ARISE**

Course:

**SDM**



*Week 2 Report: Date Questions to answer:*

1. **Provide some details about the history of the organization.**

The launch of Ageing Research Institute for Society and Education (ARISE) was officiated by Minister for Health, Mr Gan Kim Yong at Nanyang Technological University (NTU) on 6th May 2016.

1. **Get a copy of the organizational chart and job descriptions within the organization or department. Show it below.**

A group of people's heads on a white poster

Description automatically generated

1. **List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?**

Game Trainer & Interviewer

This week went fairly smoothly, there was not much trouble that I encountered while working in either role, most of the elderly's i encountered for the survey knew exactly what to do and did not require much assistance from me, with only very few being the exception . Being a game trainer wasn't difficult as the seniors already had some understanding of the games we were playing.

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 3 Report: Date Questions to answer:*

1. Ask your supervisor his/her career story. Summarise his/her story below:

Chris : was in TP taking engineering, chose psychology as one of his general study modules. Further career path choice after National Service in ACORN, helping facilitate and participate in student focused programmes. Pursued psychology as a postgraduate degree in NTU.

Thomas : aerospace engineering 2011-2013 at NP, worked in aerospace before coming to ARISE in 2022.

1. If you have identified challenges or disappointments in your initial expectations of your internship (from week1), put together an action plan to deal with these. List the plan below.

The main issue I had at the start was the lack of development projects regarding the programming side, we still have not been able to actually start on development but was able to witness and try out the projects we would be working on

In terms of field work,there aren't really any issues.that I have encountered since I started

In general,there isn’t much I can do to solve my first issue, I think it would be best just to wait till we can properly start on it/

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

Helped to set up a competition at the Lions Befriender Tampines on tuesday.

Wasn’t able to help out for the rest of the week due to Sickness and Covid

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 4 Report: Date Questions to answer:*

1. What is your biggest challenge in this internship?

For me, the biggest problem i feel is the constant travelling , as we have to do field work at multiple centres, we have to constantly travel around Singapore, most of the centres are also no where close to where i live, and we usually have to figure out how to reach them just a night before we have to go.

1. Do you feel like you fit into the organization so far? Why or why not?

I feel like I mostly can fit in from how I am doing so far,there isn't much stress put on us during work, and most of the tasks given to me are within my capabilities.I can take the time to socialise as well, being able to talk to my schoolmates about many things and also doing small talks with the elderly's during field work. A Lot of elderly's we meet and the centres are also mainly Chinese, which also allows me to fit in better. When my colleagues have issues due to language barriers with the elderly’s, they will request me for help, which makes me feel like I can be of use..

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

Still had covid throughout most of this week, was only able to return to office on friday after testing negative.

Attempted to help out in exporting files needed from iphone and macbook that were needed for us to start work,but wasn't able to figure out a solution after many attempts.

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 5 Report: Date Questions to answer:*

1. How has your perception of the internship/organization changed since you started the internship?

My perception of NTU has not really changed since the start, the current focus is still primarily on the fieldwork and gathering information from the surveys,

1. What goals have you met so far? What goals do you still need to meet? Have you changed any of your goals?

I learnt to better interact with elderlys , somewhat grew a bit more patience, interacted with unfamiliar people more and more and got to know my schoolmates better.A goal I want to meet is to use the programming skills I learnt in school during the internship to create something of use.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Surveyor/Interviewer Work
* Testing of developed applications

We got to finally properly test out the games through video call, with me being responsible for making the effects accessible and doing the testing/recording of the gameplay myself, with the help of Winston

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 6 Report: Date Questions to answer:*

1. What have you contributed to the organization? In what ways do you feel like you can improve your performance?

I helped out by contributing to the field works of going to different centres to work on surveys, as there are a lot of Chinese elderly's,my proficiency in speaking Chinese was of use in those common occasions.

1. Is your personality a fit for this organization? Do you notice particular personality types working in this industry?

I initially didn't feel that my personality would fit into this organization, as i didn't have a good image of interacting with elderly’s at home which constantly cause me frustration. I also don't have that much patience and didnt feel like I would fit in this field. But from these few weeks,I didn't feel too troubled by my personality while working.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Surveyor/Interviewer Work
* Logistics
* Perform research on various VR headsets.

Did mostly interview work this week, returned to office on friday to work on logistics for next week, brought back with me most of the paperwork needed for interviews on friday.

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 7 Report: Date Questions to answer:*

1. What is surprising you about this internship?

It really differed from my expectation of what my internship would entail. Before being sent for internship,I thought there would have a bigger focus on creating games with the programming language we learned in school,but I was sent to a school instead of your average game company, so the experience wildly differed to what i expected.

1. Identify the most boring or routine activity in this experience and put together a plan for turning it into an opportunity for learning something new. List your plan below.

The constant travelling from place to place, in one day I basically have to spend 3hr just travelling around, either from home to centres or home to NTU, and reverse. During the travels,there really isn't much to do beside watching the scenery through the mrt/bus windows, but it did allow me to explore Singapore more than I ever had in the past 10 years, whether willingly or not.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* More Interviewing/Field Work
* Briefed on works we will be doing in the future in a meeting
  + Make a Scoreboard Application that will help with recording score during a centre competition

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 8 Report: Date Questions to answer:*

1. Did you work with a diverse range of people?

During this internship, I have interacted with various people,more than any year of my life previously.Elderly's and workers from the different centres we visit , 2 other interns from a different polytechnic with their own majors, students from my own polytechnic, all unique in their own right. The most diversity is from the elderly’s,they all had a long, unique background, from all the different races and working different jobs.

1. How did people from diverse backgrounds work with each other? What did that teach you?

Despite originating from different backgrounds, I didn't feel too different from working with people I have worked with already before, even with people who isnt under NTU or NYP, they were all very approachable and friendly,especially the centre staff and most elderly's i worked with. Some would even tell me about their life stories while I interacted with them, which were quite interesting.From the time i have worked with them, I learned to be more accepting with other people, you wouldn't know how others are until you actually talk to them.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Did further research on VR game design, Completed Headset Research
* Primarily Stayed in Office to do researches about VR gear and also Javascript/Typescript

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 9 Report: Date Questions to answer:*

1. What did you learn about yourself through this experience?

I learnt that I should try to talk to other people more. I have been introverted since I entered Polytechnic and felt generally unhappy, but through the various nice interactions I had with others in FYP and ITP, I finally felt genuinely happy for the first time in a long while. But even though I want to do so, I still feel a strong social anxiety and find it hard to be the initiating-speaker.

1. What was your biggest success in this internship? Were your expectations for this experience realistic? Why or why not?

For me the biggest success I got from this internship is being able to enjoy working in general. There was mostly no problem in the field work side, and working with some of the elderly's were genuinely great, with them talking about their childs and so, and seeing just how happy they are with life through their body language, that made me feel warmth. Even with non-field work work like documentation and programming, I was able to ask other interns for assistance whenever i had questions or trouble, unlike how I would usually be stuck on a problem and be unable to do anything about it by myself, and talking with others just helps to brighten myself up and lessen any stress I may feel.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Had to send my laptop for repair during the weekend to Tuesday, so the progress of researching next.js and express.js was halted for those 4 days.
* Researched and practice working with Next.js with a online template,not fully completed,but making solid progress
  + Learn Layout,Page Navigation,Database & Fetching data
  + The use of Node.js

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 10 Report: Date Questions to answer:*

1. What have you done that you didn’t ever think you would be able to do?

I don't think I will be able to interact with others as easily as i have had in this internship, I am anxious about being the first person to start an interaction, so I really only interact with people who talk to me first. The problem is that I don't feel that I am approachable, and the hurdle of anxiety is still too high for me to cross over.

1. How are you different than you were when you started this experience? What changes would you make if you had the chance to do this over again?

I feel relatively similar to when I started my internship experience, the main thing I gained from this is more experience with working with other people, not just with group members etc, but people from outside of the industry as well, like the elderly's and health care workers at the centres. There aren't any changes that I would make if I were to restart this again as I am not in-charge of the schedule for work, which was somewhat the focus for this period of NTU,with all the field work related works.

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Further studying of next.js, primarily focusing on front-end stuff.
  + Web rendering,Website streaming,Data mutation & Adding Data
* Ran into a error that i am unable to fix myself while trying to learn about accessibility, unable to move on to authentication due to it and therefore unable to proceed on with the rest of the Next.JS tutorial
* Went to some centres to do interviewer work
* Given the role to research on the games the elderly can play on switch, worked with another intern to test out each of the games and record the data, done with switch sport,moving onto ringfit and mario party when we return to office next week

# INTERNSHIP PERIOD – <Start Date> to <End Date>

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*Week 11 Report: Date Questions to answer:*

1. What was your biggest success or contribution to your organization? What did you learn from your challenges in this experience?

It would likely be the contribution in manpower, with how many senior centres there are, and how most of the time we will need to visit multiple centres in a day, the need for additional manpower in ARISE is high, and i was also able to use my proficiency in Chinese to communicate with elderlys at the centre and assist non-chinese proficient colleagues with their work.

1. Think about a new career option that you learned about through this organization. Research that career and provide details below.

Web Developer

Job Scope:

Frontend/Backend Development, Server & Database Deployment. Create functional, User-friendly websites and web applications

Requires good problem solving skills

Average Salary: $8400/ Month

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Did work as interviewer on monday at ang mo kio and bukit batok
* Completed the research on the switch games on tuesday afternoon.
* Exploring Express JS

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*Week 12 Report: Date Questions to answer:*

1. Write a description of the internship or project that can be added to your resume.

Game & Web Development Intern

* Ageing Research Institute for Society and Education (ARISE)
* Duration: 12 weeks (20/11/2023 to 9/2/2024)
* Conducted Fieldwork at various senior centres around Singapore in order to collect important data for NTU ARISE, interviewed numerous seniors and also guided them through the different exergames
* Worked with Industry Supervisor to research on, and create a Web Scoreboard Application
* Provided logistical support for field equipment during interviews and game sessions.
* Explored VR headsets and games suitable for the elderly, designing engaging brain games for cognitive benefits.

1. Write a handwritten thank you note to your supervisor and 2 or 3 other people at your internship site that had an impact on you. Keep in touch with these people after your internship ends. List the people and their jobs roles below.

Winston,JiaJun, Mr Thomas Koh

1. List the tasks you have been assigned this week. Have you completed them (Or when will you complete them)? What have you learnt and what problems did you face?

* Changed Create & Edit for all the different forms
* Full Functionality for Create Session, Centers, and Edit Centers

1. My Mentor and immediate supervisor during internship were the same person.(Y / N)

No

1. My Mentor provided me with a better understanding of the career development and progression pathways within the company and industry. (Strongly agree / Agree / Disagree / Strongly disagree)

Neutral

1. Comments on Mentorship experience.

Visited us during the internship period to talk with us about our work at NTU for a short time.

1. Given the COVID-19 situation, my overall internship experience was: (Highly satisfactory / Satisfactory / Neutral / Unsatisfactory / Highly unsatisfactory)

I was directly affected by covid-19 on Week 4 and missed out on participating in an important event which was the Competition at Suntec, and wasn't able to properly work in office during that week as well.

The overall internship experience was highly satisfactory, but the covid situation did cause some annoyance and dampen my experience slightly.