

This past week has been somewhat of a rollercoaster but it was also pretty enjoyable. I love the idea of having icebreakers to calm down everyone and destress in the long, draining days. I think the icebreakers are a way to give us all a chance to connect and get that social experience we are missing out on because everything is online. Going along with the icebreakers that we did the stretching and breathing we all did together also really helped me get over my anxiety heading into working in the labs. I, honestly, expected this training week to be a nightmare of a week and for me to be bored, tired, and nervous throughout the entire week but the ice breakers in combination with the stretching and breathing made this past week really great for me. Getting to know everyone more than I expected to and seeing how everyone really is through those icebreakers gave me a feeling that I wasn't the only one and there are others like the interns, KEYS crew, and staff that are there with me as well.

Although over this past week I have come to become a lot more sociable of a person, I am not sure I am a fan of the 60 people in one room, and I preferred the small groups with our KEYS crew a little more. I'm not sure how this can be different because the seminars are going also to be in one large group. I think this is just one of those things I have to get accustomed to and grow with, as I get to know more and more about everyone. I would also love it if we had more icebreaker type things, in which we can get to know each other outside of socials and seminars. If that can be worked in that would be great but I'm not sure how viable that is. I don't really know if I have any other qualms with the program so far, and I think other than technical issues, everything is being done pretty well in regards to assignments on D2L and the zoom calls.

I would like to know more about how KEYS itself. I want to know how KEYS will be playing into our schedules and interactions this summer other than seminars. Regarding the socials, will we have heads up(maybe a week in advance) for when the socials will be, so we can work them into our schedules for the week? Also, if we have any other doubts about the program or labs in general, should we contact the keys email or staff like Brooke? All in all, I think this past week has exposed me to the KEYS community and I think it can give me more than just technical skills, like being more social or self-confident. After training week, I am super excited about continuing the program, even though I might not see everyone as much!