**Journal Entries**

**Evaluation 1 - 9/19/2019**

Well I’m basically done with my first week of classes. This is now my 7th semester in a row. It’s safe to say that I’m pretty burned out. Which is not very reassuring since this is only my first week lol. I’m honestly not sure what’s going on, but things are getting really tense at home. Especially with this being the first week… idk something just doesn’t feel right. My Human-Computer Interaction class seems like it’s going to be fun, but the structure isn’t making a whole lot of sense. Since it’s online and heavily focused on group work, I’m worried that I’m gonna have to take the bull by the horns and work double time to try and get things done. Which I just don’t have the energy for, but we’ll see what happens. My Project Management class is really interesting, but I’ve never had a class like this before. I feel like it’s gonna be like this summer, no clue what I was doing, thrown onto a multi-million-dollar project, and find some way to motivate some overgrown man babies they call “union workers” 🙄. Believe me (of course I do, I’m talking to myself lol), I’m gonna do my best to have a positive attitude but the group discussions drove me nuts. Idk why we have some business management major in the class in the first place, but what made him think he was just gonna get up and take charge of the whole thing. Brother Godfrey made some good insights that helped the discussion, but I had the feeling that there are too many “Alphas” in the room that already had their minds made up for how they want things to be done. I think once we all get our projects going the tension will quickly be diffused. My conflict management skills are gonna certainly come in handy lol. I really wanna learn Python and I think I wanna get a group together to do that, so we’ll see how that goes down. Preferably a small group. Keep things intimate. Maybe make some new friends. But either way I think that’ll be the key to our success. Build a good rapport and gain each other’s trust. That’ll open the door to good communication and everyone feeling comfortable in speaking their minds. Then we’ll make good progress. I also wanna set up a critical path for our project, like at CSC with the McDonalds remodel, as well working on the track in NYC this summer. That always has helped me feel successful and I know it works.

So. My computer security class will be the death of me though. I hate C++ I hate C++ I hate C++ I hate C++ I hate C++ I hate C++. Did I mention I hate C++? Ever since my whole memory loss problem (thanks modern day medicine) I just can’t get a grasp on it. And especially with job applications and such, I KNOW they’re gonna assess me on it. It is what it is though. I’ll just have to push through. So overall this semester is gonna be good though. A lot of growing opportunities.

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    1 - Accepts input from others

    2 - Actively seeks input from others and engages them in problem solving

    3 - Seeks first to understand perspectives of others, takes actions to gain support for ideas and initiatives

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    Unable to Assess

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**Evaluation 2 - 9/30/2019**

(Details about home struggles)

All that aside I’m just trying to keep pushing forward. It’s exhausting though. I mean, I thought I was burned out before, but this is just worse lol. I’m doing all I can though.

Quick update on my schooling, my group for my HCI class is kind of driving me nuts. At first, they chose me to be the group leader and take charge of things, but this other guy basically stood up and demanded to be in charge. We agreed that we’d try it out for a week and see how he does. I’ve dealt with kids like him. And yes, kid, not guy or man. Only kids throw temper tantrums like that. Kinda sad honestly. Unfortunately, though, since I’ve dealt with kids like him, there’s no talking sense into him. So, we’ll see what happens there.

My project management class is going alright right now. I’ve got a good group of two other guys that signed on to my idea of doing a python project. We split the cost of a Udemy course and we’re gonna use that as learning material. I was originally planning on taking the lead on this project, but Wen is taking charge and honestly, I don’t mind. He’s easy to work with and he seems to have a good handle on things. I’m just trying to get my feet under me so I’m pretty much just doing what I’m told and do things as necessary. I’m just trying to take things one day at a time.

My Comp Security class is pretty interesting right now. I get to finally do a research essay on the Myspace Worm (Samy is my hero). So much fun. Now that’s something I’m trying to be proactive with cause it’s so interesting. But I know the programming labs are coming soon and I’m terrified lol.

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**Evaluation 3 - 10/19/2019**

(Details about home issues. Things have escalated considerably)

So, update un my HCI group. That some kid has been doing pretty well as our group leader. Which is a relief because now with what’s going on at home, I barely have brain power to get my stuff done, let alone take charge of this group. I’m being a good soldier though and I’m contributing actively, and I’ve even praised our group leader because he really is doing a good job and I’m really grateful for this little tender mercy.

Project Management is also going well. My group is meeting often, we have a Trello board set up, and a Slack channel. We’re moving pretty well. This is like the only thing I can devote focus and energy towards. I’m trying to be more proactive but still definitely not at the level I should. Again, I’m EXHAUSTED. On top of that, the office back home called me because apparently, I have to take an OSHA course and I have ZERO time to do that. UGH. Why didn’t they tell me that WHILE I WAS BACK HOME? So annoying. It really is true that you shouldn’t go into business with your family.

Comp Security. What can I even say? I’m completely lost. I’m way behind. I haven’t turned in 3 labs. I’m dying. Just going to class gives me so much anxiety because I know how behind I am. I also don’t know Brother Helfrich very well and honestly, he kinda scares me. I kinda wanna talk to him about what’s going on, but I don’t know if he’d respond very well and help me out.

I think I need to see my doctor though. Clearly my depression and anxiety are affecting me a lot right now and I think I need to switch up my meds and see what works.

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**Evaluation 4 - 11/4/19**

So, our trip to Boise this weekend was better than I was expecting it to be. I really didn’t want to go to this Teacher Conference but I actually wound up getting some stuff out of it. Which was surprising. We had a few spats though. (Details about issues and spats). I know she has more she wants to share, but she’s obviously not ready to talk about it right now. Patience is the key right now. It SUCKS. But it is what it is.

Also, this week I saw a huge difference in my mood after switching up my meds. A really big blessing. HOWEVER, I’ve been having some bad mood swings and I’m trying to figure out if it’s just what’s going on, or medication that’s causing this. The behavior tracking I’ve been doing on myself unfortunately haven’t yielded valuable information yet. Maybe by then end of next week I’ll have some insights. This weekend really messed me up thought because of the emotional rollercoaster it was.

So, this week I met with Brother Helfrich. I almost died from a panic attack before I went in to see him, but I told him everything. For some reason, I stepped in his office and felt totally safe and completely dumped out everything that’s been going on. Explained that it’s why I’m behind in his class, why I struggle coming to class, all that stuff. Um, he’s kind of amazing. He listened so intently. He was so sincere. It was exactly what I needed. I told him that obviously these aren’t excuses because the world is gonna keep turning no matter what I have going on, but he was so understanding. I told him that I’m willing whatever I need to get caught up and hopefully pass his class. He’s letting me make everything up and wants to keep meeting with me to support me. I’m so so grateful for him. He also wants to keep helping me prepare for all of these job applications and interviews and I’m really grateful.

Not a lot going on with PM and HCI. Tried to let my HCI group know that I’ve got some big issues going on without any details but nobody even responded to my message. Oh well. I tried, put myself out there, and did my part. That’s on them. I also did the same with my PM group and they were really nice about it. I haven’t been contributing very much to the python project. I’m way behind on studying with them and I need to try and do something to catch up. I’m gonna reach out and see what I can do.

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    5 - Uses tailored approaches to influence, create, and leverage a network of strategically chosen individuals, builds enduring partnerships to significantly improve outcomes, even at some personal cost

**4. Professional Impression, Poise, and Presence**

    0 - No basis for judgement

    1 - Speaks politely, demonstrates generally accepted manners, expresses desire to make a positive impression

    2 - Remains measured in a variety of situations, works to manage impression and prepares for situations to appear confident

    3 - When emotions are aroused, actively restrains from expressing them, leaves a positive and professional impression, responds confidently to situation or circumstance

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**6. Adaptability and Resilience**

    0 - No basis for judgement

    1 - Prefers existing methods and procedures but adapts when required to do so, persists until confronted with obstacles

    2 - Adapts to new methods and procedures, takes efforts to overcome obstacle or failure

    3 - Champions adoption of new initiatives and processes, redoubles efforts to overcome obstacle or failure

    4 - Seeks out disruptions as opportunity for improvement, remains calm/optimistic in difficult situations that may result in failure

    5 - Energized by projects with high degree of uncertainties/risks but great potential benefit, seeks to be the first into unknown or unfamiliar situations, excited by failure that points to clear direction to develop for future success

**7. Problem Solving**

    0 - No basis for judgement

    1 - Focuses on immediate, short-term implications, when faced with problems, chooses obvious path

    2 - Prefers problem-solving within comfort zone, tends to offer solutions and make recommendations only when the chance of failure is low

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    5 - Solves tough and interconnected problems by drawing on one's own knowledge/experience base calling on other references as necessary, is sought after for input/advice when others make difficult/vital decisions

**8. Peer Group Comparison**

    Unable to Assess

    Below Average

    Average

    Very Good (above average)

    Excellent (top 10%)

    Outstanding (top 5%)

    The best encountered in my career (out of an estimated \_\_\_\_\_\_ students)

**9. Resilience**

    1 - Any pressure incapacitates the individual

    2 - Individual shows some ability to operate well under heavy pressure, however personal issues or outside pressures heavily affects the individual's ability to function

    3 - Individual is able to accomplish majority of assigned tasks however still exhibits signs of negativity

    4 - Individual is willing and able to complete assigned work, contribute meaningfully, and cultivate a positive environment

    5- Individual shows demonstrates strong ability to compartmentalize personal issues, to complete assigned work, contribute meaningfully, and cultivate a positive environment. Individual demonstrates a positive attitude and reaches out to offer assistance to others in need of support.

**10. Communication**

    1 - Individual is unable to convey messages and/or Express themselves in an effective manner

    2 - Individual is able to communicate ideas and or express themselves, however, frequently needs clarification. Individual is withholding of emotional honesty

    3 - Individual is able to effectively communicate however is still withholding of the complete idea or emotion completely

    4 - Individual is open and willing to communicate freely positively and effectively. User is able to use complete honesty and communicate the whole of what they are trying to convey

5 – Individual willingly initiates communication for coordination, conflict resolution, etc. Individual is able to communicate freely positively and effectively. Individual also seeks to understand the communication of others to properly understand those around them.

**11. Organization**

    1 - Individuals shows a complete lack of ability to maintain organization. This is demonstrated through failure to complete tasks due to forgetfulness, inability to track and keep record of necessary assignments and unawareness of their personal status

    2 - Individual demonstrates ability to complete assigned tasks, however, are frequently late or incomplete

    3 - Individual is capable of completing assignments on time and as scheduled

    4 - Individual completes all assigned tasks and due to careful planning is able to not only be caught up with current assignments, but is able to get ahead and work proactively

5 - Individual demonstrates ability to stay ahead of schedule and work effectively. Assignments are completed in full and confidently applies extra effort to go above and beyond. The effectiveness of the individual’s organization allows the individual to share their method with others.

**12. Time Management**

    1 - Individual has no method of tracking personal events and schedules to maintain aforementioned organization. Individual shows complete lack of work life balance.

    2 - Individual has rudimentary system for tracking events however, schedule is often incomplete or lacks any organization. Individual still shows heavy imbalance between life and work

    3 - Individual maintains a passable system of schedule and time tracking however, is still Losing valuable time because the individual is easily distracted from assigned tasks due to inefficient planning. individual maintains moderate work life balance. This is demonstrated Through frequent use of time outside of work to accomplish tasks the user was unable to complete

    4 - Individual has a solid grasp on time management and organizational principles. Individual is capable of using time effectively with limited distractions. Individual however, Still is affected by distractions which causes the infrequent imbalance of work and life

    5 - Individual has excellent comprehension and understanding of time management and organizational principles individual demonstrates this through well thought out schedules, clearly labeled time slots and outlined task accomplishment goals. Due to effective time management, the individual maintains healthy work life balance

**Evaluation 5 - 11/23/19**

So, these past couple weeks we’ve hashed things out quite a bit at home. I’ve had to really contain myself though and not escalate the situations. Just listen, try to understand where she’s coming from, and then listen some more. I have also been, much to my chagrin, ask her what I can do better, and how I can help her more. She’s given some really good feedback on how I can improve. (Won’t get into details here but was very helpful feedback).

My behavior tracking finally yielded results and It was all just environmental influences. I think the medicine was contributing a little but my brain/body was probably just still adjusting to the new medicine regimen. So that self-tracking was really helpful.

I’m feeling more confident in my HCI and Comp Security classes. I’m productive, proactive and successful now. We’ll see with the midterm in Comp Security though. I’m nervous about that. I’m actually working ahead now and that’s been a huge help.

Project management is still a struggle. I filled Wen in on what’s been going on when him and I met with Brother Godfrey. I think he was kinda surprised to hear what was going on but he’s been really understanding. I’ve been trying though. Those guys are really great.

My job interviews have been so-so. Cerner turned me down because my coding skills weren’t up to snuff, but apparently, I did super well on my interview questions. I’ve been SUPER proactive on my applications and I think I’ve sent out over 50 applications now. This job search is exhausting. I’m definitely VERY burned out now, and I’m not even really sleeping at night because I’m so stressed out, but here I am. I keep on going.

**1. Initiative**

    0 - No basis for judgement

    1 - Willing to step in and take action when required to do so

    2 - Takes charge spontaneously when problems need attention, and no one steps forward

    3 - Seeks out new work challenges, tackles problems head-on and works to resolve them without delay

    4 - Proactively puts in extra effort to accomplish critical or difficult tasks, and persists in the face of obstacles

    5 - Actively seeks high-impact and high-visibility projects and steps up to the challenge even when things are not going well, frequently takes actions that grow the team or organization

**2. Results Orientation**

    0 - No basis for judgement

    1 - Fulfills assigned tasks

    2 - Takes specific, tailored actions in overcoming obstacles to achieve goals, plans for contingencies

    3 - Acts to exceed goals and raise effectiveness of organization

    4 - Introduces incremental improvements to enhance business performance using robust analysis, sets continually higher goals for self and team

    5 - Invents new approaches and works to meet or exceed best-in-class standards and levels of performance

**3. Influence and Collaboration**

    0 - No basis for judgement

    1 - Accepts input from others

    2 - Actively seeks input from others and engages them in problem solving

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