

JOURNAL ENTRY #14 ASSIGNMENT

Please complete Project #2 Interview Summary & Analysis—A 500+ word, single spaced report summarizing and analyzing these:

1. **What you asked and what your interviewee said. You can quote your interviewee where appropriate, but overall, you will summarize.**

Q: How did you develop your career path?

Risk Tolerance – The more you consciously understand about where you are comfortable with risk-taking and where you are not, the better you'll be able to define your own approach. Risk should be looked as an opportunity to succeed rather than a path to failure. Change is inevitable, managing it constructively & effectively by overcoming fear helps us to pursue new roles. Taking risk provides a great opportunity to stand out and present yourself as a leader & not a follower content with status quo. Sometimes taking risks may be a necessary step to pursue success - can't achieve dreams by playing it safe; therefore, get out of your comfort zone! Taking a risk does not mean being reckless - do your homework & visualize the outcome before any negative consequences

2. **The samples/examples your interviewee shared or samples you were able to find based on what the interviewee told you. Explain them well.**

I asked Pushpa Ganesh, <https://www.linkedin.com/in/pushpa-ganesh-8363623/>, to share with me how does she have a work-life balance. With excitement she pulled up a PowerPoint. She explained to me she runs a “career and self development” workshop for both potential and hired intern, so to set them up for success during their time at Intel. She talked about the problems of having phones on one's self during work, try to find ways to put yourself into a “flow” state, when you're at work “be at work”, so when you clock off you can be off work without feeling the obligation to do more.

WORK / LIFE BALANCE - PRIORITIES

If everything is a priority then nothing is...

- There is no magic formula – Depends on the stage in life
- Setup Monthly 1:1 with yourself : Take a break and look at the big picture
- List your tasks and divide up into 3 buckets
 - Own - Specific Expertise, Urgent , Impactful
 - Delegate + Monitor – Urgent not important, Require guidance
 - Delegate – Not urgent but important, Assign Checkpoints
- People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully. - Warren Buffet



3. **What you learned from doing the interview about the topic of reading, writing, record keeping and communicating—as well as specific documents used—in your field/major for students and professionals.**

I didn't learn as much technical items as I'd hope for, but got more self-development and personal growth advice and lessons. There are readings and writings of the domains of our academic discipline, but unless you are doing research into those efforts the topics depends in which field of work in and may not be practical for the readings are either not proven or fully developed.