## Self Discipline

Independent Study Mentorship
Weekly Report 15: December 18- December 30, 2017

With the end of the semester in sight and nearly in reach, it was vital that over winter break I continued working on my original work, readying for the showcase night, and preparing to meet with my mentor. It was difficult keeping up with these tasks throughout break as I found myself saying that I had plenty of time and therefore didn't have to work right away. This caught up with me about halfway through break as I realized that I had more work than I had been telling myself. Ultimately, this break I learned more about self discipline and time management.

The greatest thing I accomplished this week was finishing the database for my original work and beginning the website. This was a tremendous accomplishment since the rest of the work for my original work will be formatting the website and not actual research. Although I finished my research, I would like to meet with a veterinarian to discuss some of the research I found and see how applicable or relevant it actually is.

Aside from working on my original work, I also put together my display board. This was an exciting endeavour as I got to exercise my craft skills, but also I was able to see in total what work I had put into ISM this year. The board displays my accumulation of knowledge and efforts at improving my professionalism. Looking back, it is evident that I have improved this year, however I also see room for improvement as I read over some of my research assessments from the past. Lesson learned: always be looking to improve.