

## The Stress Wins

### Weekly Report Twenty-Two 02/12/18-02/18/18

There is a lot to do and it is all causing a lot of stress. With the final product still not being known, a lot of focus needs to be centered here. However, there is still other things to accomplish, such as assessments, research, and mentor visits. With all of these things on the to-do list, the stress is building.

The main source of stress is the lack of plan for the final product. The product is an important part of the year long study in ISM and requires a lot of time and work. This means that an idea is needed as soon as possible. The problem here is finding an idea that will fulfill all the standards from each person. The only way to work on this problem and fix it is to talk with everyone involved, see how they each feel and what they each want. Then use the information they each say and then try to find a final product that will make everyone happy.

While there is a lot to do for the final product, there are other things which need focus. These things include assessments. The assessments require mentor visits, which require time. The situation here is finding time to fit in a mentor visit, which will not contradict with other time commitments, such as drill team. This might require doing mentor visits after school hours and missing core classes more often.

The common thing that needs work is maintaining stress levels. There needs to be control of the stress so that it does not become too much to handle. Ideas for how to handle this stress need to be found, learned, and used.