

ED 795A Weekly Journaling

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Dr. Greg Wilson

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9/13/21

I am anxious. I am excited to engage in what I want to do in the future, but also what I have to deal with as I move forward into this future. Can I handle all the additional work that comes with the life-changing work I am signing up to do? What practices can I schedule into my day to reduce stressors that may arise? How do I get Starbucks for life?

As this week progresses, I will run into problems in the area of staffing, as well as the quality of work. I can't change staffing immediately, but what can I do to help my current staff feel supported in their roles. Also, will I learn things that I need to learn to be successful in my roles - in REO, in CSOA, in USEM, and in my personal life?

I am painting my nails right now to help take my mind elsewhere so I don't get overly frustrated, and it allows me to play with the artistic side of my life. I don't create designs, but I feel freer when I do this.

I have been stressing about this program and that I will be graduating this year. I have been feeling like I don't have enough time to learn all I need to learn to be able to earn a Master's Degree. I feel like I have too much to learn in such a short period of time. I am also worried about where I will be after graduation. Will I stay here and have a job lined up for me? Will I have to move home? What am I going to do? Travel? Work? Who knows?

TBH, I am constantly reminding myself that I am currently living further than I ever thought I would. So I am not sure where I want to go - as I never expected to make it this far, let alone what I want to do from here.

9/21/21

Some achievements I had this past week are that I was able to help ensure that our first field trip happened. I was also able to complete a bunch of graphics for the field trips. I picked up a side job where I will be able to make some additional money for creating some graphics for an old job I had before.

Another achievement I had this past week was deleting dating apps as they weren't working so I didn't need them clogging up space on my phone and in my life.

I have had some real lows lately - not feeling very motivated to do much work, and in constant fighting with my main job. Dealing with RA's who are forgetting optics when it comes to their role. Dealing with DA's letting things happen that shouldn't happen. I take things on personally, especially at this time in the semester, but REO failed them when they needed to be trained. IDK how to continue with the staff without reprimanding all of them...

I am confused about how to proceed with my second job - as in I don't know the best way to reach the students. How do I get them to do the work they need to do? How do I best support them and help them? How do I remember who is who? I should have that figured out by now. But there are 60 of them...

I did buy a new Lego set that I enjoyed putting together. I hated spending as much money on it as I did, but I loved building it and making it into what it is. It is nice to be able to have all the parts

and pieces with the instructions to put something together. I guess that is what I am missing from my other roles - the instructions. I try as hard as I can, but I feel like I am putting together a lego set without the instructions so nothing is aligning properly in my mind.

How do I fix my mind?

9/28/21

I am looking forward to learning more about how I will work in Presence. I want to learn more in there and figure out how to better use that across the campus because I feel like it is under-utilized. I want for REO to adopt a stronger presence there and utilize the organization's feature for hall councils and student programming, outside of Canvas. I feel like canvas is too academically focused and would like to expand beyond there for additional resources. I am looking forward to ending this week being $\frac{1}{3}$ of the way through my Junior semester.

I am challenged by the assignments due soon. I need to spend time working on Portfolio work, on the advising paper, on the assessment paper, on the internship assignments due soon, and looking at applying for jobs.

I am worried about how much work I have coming down the pipeline, and the constant feeling of not having enough information or knowledge to be able to complete a task or tasks to the best of my ability. I need to adopt the mentality that I just have to do the best with what I have been given, but it sucks to have to try to balance that because I feel like I should know more before I work on something. I also am hesitant to do much because I don't know how the outcome will be perceived.

What happens if I royally fuck up? What happens if the intended outcome is not met, and the actual outcome is worse than not knowing at all? How do I correct this?

What do I do next? Who can I call upon for help? How can I ask others for help without being a hindrance to their workload? How do I do what I need to do, without bothering others? That is something I have difficulty with - determining when I am a bother, vs when I am not. I have always believed that I am bothering others when I am asking for things, which then makes me feel bad about asking for things from other people. It internalizes as I need to only do everything by myself. If not, then I am making things more difficult. So how do I make things easier without having to worry about this? How do I stop worrying about bothering people? How do I ask for their capacity without asking for their capacity?

10/4/21

I am wanting to leave all of this behind. I don't want to continue working like this because it is causing everything to be laborious. The longer I have to work with these people in a place that is like this is super toxic and it doesn't help when their way of handling it is either focusing on fixing me or doing nothing. Instead, they should be putting the focus on how they can help make the space better. Make spaces more inviting. Help process through the proper language used in communicating. Don't be so short. Try to help understand why someone is feeling a certain way and work to overcome that struggle.

How do I continue this way? I don't have anyone to talk to. I don't have anyone I am close to within this department. I want to leave and find people from other departments. I would rather work in a place where I am respected and wanted, rather than in a place that causes harm to my mental health.

How do I get acceptance and understanding from my family? They want me to stay where I am and not have me look to my future. I'm looking ahead at what I want to do, and they want me to stay?! Stop putting the focus on financial health, but look at mental health. I am not happy where I am, but I am happy where I could be. How do I get my family to understand this...

Maybe I should just do things and not share them with my family. They obviously don't understand. I have been going at this for so long that they don't take the time to understand. If I am not making enough money, I am not being successful. They don't care how much it hurts to

do work that I don't want to do. It's reasons like this that I would rather not exist at all. I would be less harmful to others and less worry. I also don't know if I am being impactful or not. SO if I am not being impactful, I should just go.

Fuck

I need a good cry.

I'm done.

10/11/21

I am ready to move on. I am excited that I may be able to get the best of both worlds where I can work in both departments and get the things I want out of both. That I can work in housing and keep my benefits, and that I could work in SLL and do the work that I love and continue to grow and learn over there.

4 things that bring me joy: The beach/Ocean, TikTok, the sensation of floating, and having people or teams of people fight for me. Some days I don't have the fight to do anything, and it is reassuring that there are people who are fighting for me and want me to be in this space.

I also am getting back into Pokemon. I want to do more pokemon things.

I wish I had more money. I want to be able to buy things that I want that would bring me more joy, such as a new phone, an iPad, a new car, paying off student loans, etc.

I also wish I had more time to do certain activities. There are certain aspects where I want time to speed ahead, but other aspects where I want to slow down and be given more time to process and expand on those.

I would also like to find a partner, a significant other, but having difficulty with that...

Apparently, I am not want-able. Nobody wants to be with me or wants to talk to me, or wants to

do new activities with me. I am unlovable, which is hard to grasp, but I have a feeling that I will end up alone through life. How do I change that?

10/18/21

I am stressed that a lot of the work I need to do requires me to have to work with my supervisor, yet I can't pull him away from all the work he has to do. I now feel like I am behind on my work because I can't do the work I need to do without his schedule and both of our schedules don't mesh well. Also working on trying to please everyone else is now a thing that I can't do anymore.

I am excited about Disney this Sunday! I haven't been in so long so this will be so much fun! I am getting to go with friends I haven't seen in person in a while so I am looking forward to that. I am also looking forward to my new phone which arrives in about 2 weeks. I didn't need it, but I am excited for the photography I am able to do with it and the video work.

I applied to graduate which is good - I just need to get to graduation. I am still worried about my career and how my job prospects are going to work their way out. I need to start applying to jobs, but I want this position to work for me.

I also am planning PELSA socials. I am going to do it every other week on Fridays where once a month we will do a zoom social and the other times we will meet somewhere in a physical location. I am hoping this gets some of both cohorts to socialize within the program, especially if classes go virtual in the spring.

I also need to start planning a Friendsgiving and a Secret Santa-type event for winter. I was hoping other members would've started the train to get new members initiated, but that isn't working. I shouldn't have to hold all the weight of the SAB...

Animal crossing new updates! So excited.

Also recreating my PELSA portfolio website. Redesigning it to make it more current and vivacious. Hopefully, show each iteration of my growth in the program?

Let's see what happens.

10/25/21

This week I am celebrating going to Disneyland. It had been about 20 years since I had last been there, and it was fun to relive some experiences I remember as a child. Thinking back to what I love about Disney culture brings me joy. All the stories and life brought out by the characters. All the work put in by the hard-working cast members. The delicious food and presentations.

I also like to remember that Halloween is my favorite time of the year. I enjoy the spooky nature of Halloween. Watching spooky movies, dressing up in spooky costumes.

When I am feeling down, I turn to TikTok. There are funny videos that help perk me up.

Lately, it is hard to think of fun things as I am consistently busy working on completing my degree, networking, and building connections to help me land the career of my dreams. I don't have much time to think of other things.

I feel numb also. Like it is hard to feel things. I engage in my own self-harm techniques that are small, not as worrisome as cutting, that help brings me to feeling something other than nothing. I would much rather be using the time doing other things, but I need to be able to feel before going there.

We will see where this takes me for now. I am excited for my new phone to come in soon.

11/01/21

I am all over the place. I can't think too much as I won't have an answer for a while, but I just can't help thinking about what I need to be worrying about.

I am worried about finding a job and finding housing. I also need to learn to not hold my family's opinions as high as I currently do.

Graduation is quickly approaching. Knowing that I will have my Masters's degree at the end of this academic year is a mind-boggling thought to have. I feel as though I am currently a professional though - so for work-related stuff, the degree won't change much, where the having of the degree will. Ahhhh.

My top 3 goals are:

- a. Obtain a job within Student Organizations and Activities here at SDSU before graduation
- b. Lose up to 10 pounds a month over the next few months until graduation, but not gain weight
- c. Push out and advertise the Presence Experiences of the SDSU GO! Passport, Arts Alive, RSO Officer Obligations, and start to build out the IAAC experience before the start of Spring Semester.

These are short-term achievable goals. I can measure them by checking how close to execution or tracking weight or applying for jobs. I can give myself some grace and wiggle room through these as we work to process through what each entails and produces through the coming months.

Also, a new phone coming hopefully by the end of next week, unless I can get into an Apple Store ASAP? We will see. #firstworldproblems

11/08/21

All I need to do is get through this year. I am hoping that things move a bit faster soon, but just need to get through this year.

I need to start looking for jobs. What does the Job Search entail? Practice interview questions.
Fine-Tune my resume.

I need a hug. Like a good 10 minute hug, where I can embrace someone and have them squeeze me. I need to feel the pressure to help reduce my anxiety.

I hear all types of advice, but it is hard to take advice and apply it. I need someone alongside me to help me stay on track. Otherwise, I fall back into the rut that I was in before.

I need to go on more walks. I think I am going to start taking the trolley to old town or downtown at random times. In the middle of the day even. Just to get some fresh air and to try to gain a new perspective.

I miss people. I need people. How do I get to be in spaces with people? That is what I need to be successful.

11/15/21

I feel like I am super stressed trying to figure out what is happening next. I know things are happening, but I need to know what is happening. It is the planner in me.

I am an extrovert. I do have introverted times, but the way for me to be happy is by being in space with others. I need to work with other people to feel productive. But I need the others to be able to make decisions. I can't work in groups where decisions can't be made right away. I need to step away from those groups and rejoin when a decision is ready to be made.

I am not ready for the job search. I am hoping that a position opens here for me, but what if it doesn't? I need to go through the process to make sure I practice interviewing and to grow my network, but it is so difficult to prepare for. All the time and energy that goes into building up to the interview, just to be turned down for someone better. Even if I would be the best for the job. Also, how do I articulate all that I can do, when I feel like a swiss army knife multitool, where I can do so much and have so much experience in it all. I need to have someone who I can work with directly to help me fine-tune everything I can do into a ready-to-go speech.

I need more time in the day...

11/29/21

I am feeling good with everything right now. Upset that I am having to fight for a position that I was elected into by my cohort. I'm ready to be done with the year.

I keep stressing about post-grad life and what I am going to do for that. I need to start applying and interviewing for jobs. I have nothing solidified yet and need to get things going.

I love being able to rearrange my space(s) because it allows me to feel like I am living in a different space even if it is the same space. I need to clean and get everything ready for the holiday season. I need to make sure that I have my place cleaned up so I could have people water my plants while I am gone.

I am stressed in a good way for the wedding this weekend. I have never been in a wedding before and I don't want to screw up my best friend's wedding. That would be the worst.

I love peppermint. The smell and the taste - so clean and crisp. I would love to have peppermint all year long, and pine/fir/woody smells. So good.

I think I feel good about this class - I am not sure exactly, and should've used this past weekend to go over things, but I will use the next 2 weeks to go over this and make sure I feel comfortable with everything and make sure it is tried and true and not missing any information.

Pokémon.

12/6/21

I have found out where I really want to go and be as a professional. I learned that I am not built for Housing, but more the Student Activities. I have learned that I need to work on my supervisory skills, especially when it comes to supervising a large group of students. I learned that I need to question policies more often. Why do we have to stick to the rules when the world doesn't always work to the rules? How do we break the rules to make what needs to be done work for us.

I have learned that I work better when I find the few people that click with me and support me in my decisions and effort. That I need to be validated and wanted in spaces.

I learned that I need information ahead of time, and when information isn't provided, I will make the information I need up, then deal with any consequences. Not the best for my mental health afterwards, but better than waiting for people to get back to me. Or to be told to do anything in the first place.

I am ready to be done with this work I am currently doing, and ready to move into a role that is better suited for me.