

Dear Randolph Residents,

This is the 4th week as an intern for the Community Wellness Project. This week's top focus is on the production of a Podcast. This podcast topic is on the focus of Mental Health. Mental health has recently been very focused on, and by making this podcast episode we would bring even more attention to such a serious topic. Mental health is normally overlooked because many believe it's not a "real" problem. This is absolutely not true. Mental Health *is* health and should be one that is very focused on.

The first day of being in the studio was a quite tough one. We had a difficult time working with the equipment because we are not the most experienced people in this field. After figuring out most of it, we had recorded our first section of the podcast. However, we had struggled getting everyone to the distance that the microphone could pick up our voices from. It was difficult because if we had picked up the microphone, the sound of movement would be audible in the podcast track. That was a struggle however we had just decided to make our podcast into cuts. For example when one person is done walking we will end the recording and the next person would speak in the next clip. We found this way much more effective due to the fact we only had one microphone available to use. I feel like the first day was definitely the hardest because everyone was still trying to get used to themselves speaking into the microphone with their "natural" voice. What I mean by that is that when knowing that you are recording or talking into a microphone, people tend to change their voice and sound "robot-ish." This is what I had struggled with as well as the fact that I would feel so much pressure to do well. One thing about me is that I laugh when I'm under that type of pressure. Once I start to laugh I feel like I could not stop laughing which was quite hard to stay productive. I know it's silly but that's what happened.

On Day 2 of the recording it was much easier to do because we had gotten used to the equipment and had found a flow in our recording. In the studio I had played the role of the person in charge of working all of the edits and the software that was used to record. I found

myself to enjoy playing that role, I enjoyed editing and knowing where everything is at all times. I also feel like in the recording studio with just the three of us interns, it was a time for us to bond and get to know each other and our personalities better. I enjoyed it.

Forwarding to Day 4/today was a day for us to get to the conclusion. Today was a much more productive day, we had gotten many things done in the podcast. However we had to spend most of our time finding a way to fix our volume issue. Everything was going fine until our volume just started to fade out suddenly. After a half an hour of trying to resolve the problem, I was able to fix the volume and get it back to where it was before. I would consider that a highlight accomplishment in this internship if I do say so myself. We continued to record our podcast after that with no problem. Moving forward with our day, we had returned to the office. With our supervisors Hoai and Sasha we discussed the planning of our Block Party, which will be happening later this month. I appreciate and do think that that meeting has helped me get back on track of what I am supposed to and lead me in the right direction.

This week we had a Calender of Kindness that provided us with kind acts to take on for the day. Reflecting on my week I would say I have accomplished the task for August 4. The task states, "Keep showing up. Keep trying. Keep fighting." With the struggles this week I believe that we have all fought through it and have done quite a great job with what we were given.

Sincerely,

Tina Cao