

We meet again Randolph Community,

Continuing on my journey as an intern at the Randolph Town Hall under the Community Wellness Project has been an interesting ride. This week, Week #2 was quite different from last week. In the beginning of the week, we had received the tasks that are expected to be worked on this week and we had the freedom to do what we feel like we should do first, second, third and so on. I found myself to have enjoyed this way better than the fixed schedule structure.

This week consists of much more group work and little independent work. Working in a group like this compared to Week 1's independent work has made me realize I appreciate human interaction so much more. I enjoyed working in a group, I would say although there are 3 different people working on the same document at the same time, it took off much of the workload and stress.

This week is the beginning of our work process for the major projects this summer, one being the podcast. We had researched and sampled some of the podcasts online and reflected on how we could incorporate or improve what they had shown. Listening To the podcast really helped me get a feel of what we were going to be doing, because I really can't call myself a podcast listener. Podcasts are a form of entertainment through the use of audio and conversation. I believe that what we struggle the most through this is making ourselves not sound "robot-like." Learning how to speak confidently and with a natural flow is one skill that would help us with much of the public speaking to come through this internship and in the future.

In addition to the podcast we also have a Block Party that will happen near the end of our internship, to promote health in Randolph. We had begun our planning this week. This included many different components to be considered to make sure we are accurately planning. Who knew party planning is so much work. We had assigned roles and responsibilities to each person in our group. From calling vendors to deciding what activities to have at the event. This part was quite overwhelming but fun at the same time. I have never planned such a big party like this so I thought it was quite intriguing. I also really loved that we were the ones with the ideas and did not have any limits of what we wanted to do because it was totally up to us. However for the first time with such a big responsibility it was a little overwhelming. With the fear of simply forgetting to plan and do something

or our party not going how we had planned it. Even with all of this I do appreciate that with all of this responsibility we learn to take on challenges and improve ourselves in organization and communication.

Marking the end of Week 2 as an intern of the Randolph Community Wellness Project, the other interns and I have created a pitch presentation on our three Major Projects and our ideas for them. This will cover the video, podcast, and our Community Block Party ideas. This presentation will be our second presentation since the start of the internship. This presentation I do feel less stress, maybe it's because I am not alone on this one. However, the more presentation and public speaking I do the less nervous and more confident I am. Looking through that view I believe this will prepare me for my upcoming junior year and the future as well.

Thank you for your time,

Tina Cao