

Rutgers School of Arts and Sciences



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Summer Reflection

Over the summer I managed to earn an A in my course. I earned it by practicing healthy habits in order to have a healthy and determined mind. I set a schedule such that I exercised everyday. I made sure that I'd spend atleast a few hours a week outside for leisure. Over the school year I was on antidepressants and was pretty miserable and lacked motivation. Now I feel confident in myself physically and mentally. I will use this skill to better organize my time making room for healthy activities.



My Long term goal is to be CEO of an Indie game dev company
My S.M.A.R.T Plan

My Inspiration

This is an inspiring quote. Especially for my situation. Depression has you feeling like you can't complete your goals. That even if you move forward, your speed isn't fast enough. But this quote reminds me that moving forward and accomplishing goals big or small is an achievement in itself.

**"If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep moving forward."**

— Martin Luther King Jr.

SNM IAS STUDY GROUP

Earn a B or higher in all future classes

Don't take too many difficult classes at once

Exercise 6-7 days a week

Do 10-15min first thing in the mornings

Release game demo

code game few hours per weekend

Rutgers Resource

I reached out to my professor by email when I needed clarification on certain assignments I didn't understand. I plan on meeting my professors during office hours if I have trouble understanding or have an issue on a subject.



Challenges

Depression was a big challenge and made me feel like I dug myself a hole I couldn't get out of. Which led to dealing with procrastination. Just like exercise I had to treat assignments as just part of the daily routine to avoid being lazy. These same problems will surely hit this fall but continuing my healthy habits will help me stay disciplined.