

Christopher Kundrat

Reflection #2

10/18/2025

Cyber Clinic

Since the last reflection, I've gained a lot of experience within the cyber clinic.

Looking back, I was very excited to be chosen for the City of Suffolk, but at the same time I feel like I did not prepare myself enough for working with Suffolk. The cause of this was me starting to get comfortable instead of pushing myself farther, not just with Cyber Clinic, but with everything. While during this time I was still able to keep up with everything I had going on, I just don't think it was the best effort I could have made, as I noticed I started being late and not as prepared. I noticed this in other aspects of life but I did not reach the effect it had on my progress in the Cyber Clinic until the first day we met with Suffolk as due to me not prioritizing my time I ended up being late and having nothing to take notes with and having to pick up my ADHD medication at the same time. I told myself I would lock in and not have that happen again, but I don't think I took that long term as while meeting the clients in person went over well using the skills I have learned so far, afterwards I assumed I was back to normal but that's what led to further comfort. Since then, school and career wise I have started to fall behind, I had to catch up over fall break in one my classes, failing one due to me not realizing it was a 8-week course, but the effect on the Cyber Clinic was that I had failed to do basic things such as turn in my NDA on time, alongside not prioritizing doing the assigned reading for Suffolk. As with other aspects of my life, this was only impacting me, having it affected other people in my groups, without any reason it isn't fair especially when it comes to important things. While I can say all of this, it would be useless without any follow up, currently I am spending my time catching up to ensure I am prepared for the first in person meeting, alongside reducing certain factors that cause me to be unprepared, as while failing a class for the first time in years was my wake up call, I

do not want or need any more wake up calls/effects as I know I can do the work at a good level, it just comes down to pushing myself even more then before. I am excited for the next part of this course, as I just hope this was a learning experience and a good enough wake up call.