

Reflection Paper 2

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ODU Innovation Lab

Professor Teresa Duvall

Internship Reflection Paper

100 Hour Milestone

The next fifty hours of work as a member of the Newport News public schools course material development team have been marked by growth, greater responsibility, and teamwork. This phase has been about taking action and progressing the project in an organized manner, in contrast to the first 50 hours, when my major goals were to comprehend the internship's scope and adjust to the workflow. From learning and observing to participating and showcasing our work to outside stakeholders, my role has changed with time. My approach to every day at the ODU Innovation Lab changed significantly as a result of this.

Presenting our team's action plan to the Newport News school director was one of the most important events of these 50 hours. This was my first chance to properly outline the scope of our work and discuss how our content could help high school kids learn about cybersecurity. Following a successful presentation, we agreed on a total of 22 deliverables, including nine modules and three projects, each accompanied by a set of lecture slides and a matching worksheet. Our team had a strong framework to work within and a sense of shared ownership because the goal was so specifically defined.

We started designing and developing the modules as soon as the meeting was over. Compared to the initial phases of the internship, this project phase felt more concrete and

structured. We determined the sequence in which the modules would be built, delegated tasks to team members, and established internal deadlines. Careful preparation, coordination, and communication were necessary for this. I created the framework for multiple meetings, which included creating worksheets that would serve to reinforce important cybersecurity ideas. It was both difficult and thrilling to watch the strategy become real educational material.

The most significant lessons I took away from this 50 hours were the importance of teamwork and leadership. I've become more at ease taking on leadership roles and ensuring that the group remains cohesive and the project continues to go. For instance, I frequently started check-ins to ensure that everyone was working on the modules they were given, and I worked with colleagues to maintain the same language and style throughout all of our products. I simultaneously depended on their abilities and knowledge. Everyone contributed ideas that influenced the design and feel of our modules during our brainstorming sessions, which were among the most fruitful of this time.

The importance of organization and time management is another significant lesson I've learned over this time. With 22 deliverables to produce, meeting deadlines soon became a top priority. I gained knowledge on how to efficiently prioritize activities, divide more ambitious objectives into smaller ones, and fulfill deadlines. This kept our team moving at a consistent pace and prevented me from feeling overburdened. Additionally, I discovered that regular, brief meetings were far more productive than sporadic, lengthy ones. We were able to make judgments quickly and stop minor problems from becoming bigger setbacks by maintaining regular communication.

In overall, the next fifty hours of my internship have been characterized by leadership development, organized activity, and an increasing sense of project ownership. Reaching a

consensus on a specific set of deliverables with the Newport News school director gave our staff a distinct feeling of purpose. Collaborating to start constructing those modules has taught me how to strike a balance between flexibility, teamwork, and forethought. I sense that my confidence in my technical abilities as well as the soft qualities that contribute to the success of projects like this is increasing. I'm excited to keep up this momentum as we strive to finish the upcoming stages of curriculum preparation.