

Andrew Proctor

Reflection Paper

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Professor Teresa Duvall

TA Ashley Robinson

Internship Reflection Paper

Third (150 Hours)

Working as an intern for 150 hours has been nothing short of a phenomenal experience for me, exposing me to newer and more challenging tasks and projects. I'm enjoying the IT department workplace environment and also find myself gaining more confidence in my demeanor and my talents, providing myself as an asset to the team's overall success. I have been sent to both offices in Newport News and Chesapeake to run certain tasks and projects both as a help and by myself, allowing me to build a positive rapport with employees at both sites. I have met so many kind people that have not only given me self-confidence but have healed my heart as well. This time with Warwick has been an amazing experience so far and I hope to enjoy it more as the final weeks continue.

The value of patience and resilience are the most important things I've learned, specifically with the projects that I have been working on. There were a couple setbacks along the way, but despite these minor inconveniences, I have been able to keep a positive mindset along with my diligent work ethic to persevere and succeed. The first time this occurred was when I was doing a wire pull for the site in Chesapeake. There was this sharp ledge in the corner

of the wall in the ceiling that had torn the original cables that I was using to make this ethernet 2 x 2 port outlet in the IT office, but I hadn't noticed until after the initial pull was finished. I was surprised but nonetheless had to redo the entire wire pull process if I was to have a successful project, due to the internal wires being exposed and subject to damage over time. While this took some time, I was able to successfully conduct the second pull by applying electrical tape to the corners and other sharp areas of the ledge to provide cushioning for the cables and for any other cables used during future wire pulling projects.

The second time was when a coworker and I went to finish the initial job of the port application by terminating the new cables to the switch panel. When we went to open the outlet, we were surprised to see that the screws were not getting loose from unscrewing and figured that the threads had been stripped during my initial installation. This was worrying, which caused me to start asking for help. I headed to the sheet metal workshop where one of my employees, John, was able to give me game-changing advice by recommending that I use the blade of my pocketknife to apply pressure to the screw inside of the outer layer of the outlet while unscrewing, which worked tremendously when I tried it myself.

While both setbacks were initially disheartening, what made them worthwhile was the fact that I was able to persevere to find solutions to these problems, whether it was due to maintaining a diligent work ethic or just by inquiring other people who are more knowledgeable about certain subjects or aspects about the scenario than I. Regardless of the methods, I am proud of myself for not quitting, for always looking for a solution, and finishing the jobs through using my various resources myself. This strategy has been extremely beneficial to my overall success here at Warwick, and I am grateful to have gotten the chance to work in such a supportive environment, from everyone involved in the different departments around the organization.

Overall, the time that I have spent at Warwick has been life changing. Admittedly, I was in a difficult place mentally when I got into this job. This was my first time working in a corporate environment, and I honestly had doubts about whether I was good enough, or even capable of succeeding in the job. It was a rough start for my anxiety levels for the first few weeks, but since then, I have ascended to higher heights of confidence and self-determination, something that is both a new and invigorating experience for me. I truly have felt a place of acceptance and encouragement from my coworkers, through my good and rough days, and credit them tremendously for my overall success thus far. I will continue to take the experiences and lessons that I have learned into this journey, as I get ready to begin my final semester this fall. I am determined as ever to do my absolute best, and to succeed by earning my diploma. The future is looking bright, and I cannot wait for the new pathway's life unfolds for me.