

Kalayah Sturges  
Journal #5  
Capstone

On January 20th I decided to go to Ebony Horsewomen to speak with Patricia Kelly about my plan for capstone and possible ways to work with her soon with knowing the fact that I still have no hours. When I spoke to her receptionist I expressed that I've been trying to reach out in multiple ways which includes email and phone regarding where I'm standing with capstone she stated that Ms. Kelly stated that she has been receiving my emails from the past 4 months but she stated she's busy with taxes and she will reach out to me at a better time. The fact that I asked her to be my mentor back in October and been consistent with reaching out with no response was a major smack in the face, since I looked up to Ms. Kelly since I was a child and I wasted all this time waiting for someone who made them feel like I wasn't worth their time. That week I was at my lowest, I'm still waiting for the other two programs I spoke to out of state to reach back to me and other than that I have no other plans for hours. So I decided to speak to one of my classmates and great friend Destiny Hurst to express my frustration. While we were discussing some plans she reminded me of how much I love helping and speaking to the middle schools. When I was in middle school I was very shy and to myself due to the massive bullying I've endured and I didn't know how to ask for help, especially someone I could just talk to comfortably so I would like to be that person I craved as a middle schooler. So she gave me the idea to create some type of presentation and go to the middle school classrooms and present it to the students. So I decided that I want to make a presentation about mental health and ways to properly cope. With the presentation I also was going to ask the students to make Valentines cards for the elderly also if possible with their parents consent, the students may send me a picture with their pets and I'll put pictures of the students with their pet. I spoke to my Capstone teacher about my ideas with the middle schoolers and she loved it. While speaking to one another she expressed how our new librarian Ms. Prescott which I've never met has a service dog at our school which was a complete shock but very exciting to hear. So she expressed that I can become a coordinator and look over the students and the service dog which brings me so much happiness. I'm thinking about asking Ms. Prescott to be my mentor when we communicate more. For once in a long time I'm feeling confident about my capstone, because I was lacking a lot of confidence.

Academically I am doing well, but since I'm home I notice that I lack that drive for learning that I once had when I attended school in person. I really do miss that relationship that I had with my teachers, but since I'm home it showed me the importance of reaching out when help is needed. I have a great relationship with Ms. Boutilier which I'm really grateful for because she always brings the best out of me and is always willing to help anyone in need.