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Journal #6  
Capstone

I had a conference call with Ms. Prescott to discuss my plan for my Capstone and how she can support me throughout my journey, in which she accepted the offer which I was very excited for. I also explained to her the circumstance with Ebony Horsewomen, which I was still disappointed about. She helped me understand that even though something helped you gravely in the past, might not workout in the present. She helped me understand even though I was still holding onto that disappointment that Ebony Horsewomen didn't work out in the end, Capstone and the deadlines are still on the way so I have to keep striving for that success that I was reaching for with Ebony Horsewoman Ms. Boutilier, Ms. Prescott and I discussed possible organizations I can work with due to Ebony Horsewomen not working out well in my favor. I spoke with my cousin and she gave me two possible organizations that I can work with. I reached out to farm owners that specialize in horse therapy located in North Carolina and Rhode Island. I wanted to work with an organization that is located around in my community due to the fact that it will give me the satisfaction that I was able to give back to students knowing they can benefit from the resources I'm providing, but at this point I'm willing to work with anyone possible. I was worried about how I will help someone that is so far away, I was debating if I should go to Rhode Island every weekend. I spoke to Ms. Boutilier about visiting the ranch located in Rhode Island but she helped me realize that wasn't an option with my very busy schedule which included school and work. As time went on I received no response from either organizations, which placed me in that mindset I promised myself I never wanted to enter again. Millions of questions begin to run through my head "what am I doing wrong, will I graduate, will I get everything done in time, should I just change my project in all". I was ready to give up, I was reaching my breaking point and didn't know how to handle the amount of stress that was placed upon me. Then I remembered how Ms. Boutilier said she loved my project and explained no one ever did a project like mine before. I heard of students working with animal shelters but not stating the importance of mental health with students especially during our current circumstances of covid, also how animal therapy can be beneficial for students. With that being said I know me giving up isn't an option, I reminded myself that students need to know the importance of mental health and reminding myself that someone may want to continue my project, which made me feel so good about what I want to succeed with my project. I spoke to Ms. Prescott and asked if there's any possible organizations I can work with that she's familiar with and she informed me that we have a therapy dog at school which I never knew about. She informed me that her name is Sophie and her trainer is Jan Proll, when she told me this I was so excited. She explained to me that she worked with an organization called Tails of Joy located in Avon, CT. The Tails of Joy organization stated that they plan "to provide a network of dependable, caring volunteers committed to providing a therapeutic benefit through the use of animals to people who need comfort or company, to provide support, training, and education to

those interested in animal therapy programs, also to build connections between volunteers, facilities and individuals seeking animal therapy”. After doing research on the Tails of Joy organization, I knew I wanted to work with Ms. Proll and Sophie to educate students about the benefits of animal therapy