

## **Journal of Progress**

### **August 31<sup>st</sup>, 2017**

Today was my first meeting with Jaime for the semester, we are planning on meeting on Thursdays from 1:00-2:00pm. Our first meeting went alright. Over the summer I had finished a chapter on Trauma and worked on two other chapters (diversity and why we like supervillains). I didn't get as much accomplished as I wanted to over the summer, but it is so easy to get distracted by friends, family, and travels. I watched a lot of superhero movies though, so I guess you could say I did a lot of research... :)

### **September 7<sup>th</sup>, 2017**

I decided to finish up my villains chapter first, since it was closer to being complete. One of the things I am learning about myself through this process is that I am a chronic bad speller. I have written almost an entire chapter about supervillains, and have spelt it "villian" every single time, and have had to manually correct myself... every single time. I swear if I get nothing else out of this project, let me at least learn how to spell villain.

### **September 14<sup>th</sup>, 2017**

Jaime and I discussed the villains chapter today and talked about reasonable deadlines for the project. So far the book is going well, but I have learned that I am a slow reader and writer, which are terrible attributes for someone writing a research-based book.

### **September 21<sup>st</sup>, 2017**

Jaime and I talked about the diversity chapter today. She seemed to like it. It was the longest chapter I have written so far (but I still need to work on making my chapters longer). I really enjoyed writing this chapter, but it also came with its own challenges. There were also some parts that were really difficult to write, especially since racism is such a heavy topic. It was interesting, when I first started the chapter it was before the Charlottesville riots and then I took a break. When I came back to the chapter a week or so ago, I had an entirely different perspective, and felt more of a responsibility to discuss racism very openly and to make sure to do right by the topic. It's not easy to talk about, but I really enjoyed everything about the process of writing this chapter.

I plan on working on my statistics chapter next, which is more about the odds that the everyday person can become a superhero.

### **September 28<sup>th</sup>, 2017**

The meeting today was canceled because Jaime has to do the study abroad fair. I don't mind because I was not going anywhere fast with my chapter. I have written up a better outline for my book, and decided on eight chapters. It feels cool to be able to look at the outline, and be able to physically see what I've done and what I am going to do. Maybe if I have more original

ideas I will add another chapter, but at the rate of things now, fewer chapters is a more attainable goal.

### **October 5<sup>th</sup>, 2017**

I am trying to finish the stats chapter, but I feel so overwhelmed. I asked Jaime to cancel the meeting because I didn't have anything for her. I don't think she was very happy with me.

### **October 12<sup>th</sup>, 2017**

I FINALLY finished the statistics chapter. Honestly it was one of my favorite chapters to write so far because, although I love psychology, there are a lot of elements of math, science, and economics that I find fascinating. This chapter got to play into those interests and I think that my writing really reflected that I was having fun with the topics. I was really worried that Jaime would not like the chapter, especially because I feel like I disappointed her last week, and that she seemed hesitant about this non-psychology chapter. However, to my surprise, she loved it. She said it was "worth the wait." I could've cried of happiness right there.

### **October 19<sup>th</sup>, 2017**

No meeting with Jaime this week. I need the time to work on a new chapter. I am most excited about starting the chapter on character traits next.

### **October 26<sup>th</sup>, 2017**

Today's meeting with Jaime was a little discouraging. The past week has been extraordinarily stressful, between interviews for field placement, research lab sessions, work, and two midterms. I had started my character chapter with a section on trustworthiness, based on an article I had found about designing the "ideal person." I researched several facets of trustworthiness, and cited good sources, but Jaime disagreed with the framing of my chapter. She thought I should model the chapter around the Big Five personality traits instead. It's tough because I know she's right, and it's really good advice, but I don't want to rework the chapter.

### **November 2<sup>nd</sup>, 2017**

Today Jaime and I met to discuss two articles I had read. I was a little discouraged by the last meeting, so I did not work much on the chapter about character over the week. Funny enough, earlier this week my professor accidentally handed out the wrong article for us to read for class but it happened to be a perfect addition to my villains chapter. Next week I aim to take a break from the character chapter to incorporate this new information into my villains chapter. I will also edit the chapter, now that I've taken a long rest from it.

### **November 9<sup>th</sup>, 2017**

Jaime liked the new additions I made to villain chapter. I still feel like the chapter is incomplete, but I also enjoy the new additions. We talked more about the timeline today, since

there are only a few weeks left in the semester. I want to get a lot done, but on the other hand, the first of my graduate school applications will be due in December. I've really been neglecting researching and applying for graduate school, so over Thanksgiving break, I think I will be playing catch up there, instead of taking that time to write a chapter. I initially wanted to write all of my first drafts by the end of this semester, but that does not seem like a possibility right now.

I found that it is helpful to set a clear and achievable goal for my next meeting with Jaime. This week, I aim to start working on a new chapter. My weekend isn't as busy as it normally is, so maybe I can surprise book Jaime and myself by writing a lot of the chapter.

### **November 23<sup>rd</sup>, 2017**

My progress was stunted last week on my chapter due to a death of a family member. I had planned last Sunday to be a day of writing, but my mother woke me up at 9am with the call and I was unable to focus on anything all day. I asked Jaime if we could push back our due date until after break and she agreed. I'm glad that I gave myself the week to grieve, and grateful that I got to go home to my family for Thanksgiving.

I have read multiple sources for the new chapter but haven't written any yet. This break I have been preoccupied with my family and applying for graduate school. I plan to do a bulk of my writing on Black Friday, Sunday, and some on Monday. I don't feel like I've had much of a break, but I do feel like I've caught up on my sleep, which is very important by itself. I still hope to surprise Jaime with how much I've written, but maybe she will expect more from me, since I had a break to work on the chapter.

### **November 30<sup>th</sup>, 2017**

A couple days ago I found a book at Carrier Library that related to a chapter in my book. It was called *Seduction of the Innocent*. It was written by a psychiatrist in the 1950s about how comic books directly led to juvenile delinquency. Apparently it is one of the few non-picture books to become a comic book collector item because of the profound impact the book had on the comic book industry. It was really neat to look at such a piece of comic book history. The book contained pictures from comic books at the time, which was something that was incredibly interesting for me to look at. I was not intending to learn so much about the history of comic books, but it is a fun consequence of this project.

### **December 9<sup>th</sup>, 2017**

Jaime and I chose to meet on a Saturday at a coffee shop this time. I really love a good cappuccino, so it was a perfect place to meet. We talked about my progress with the violence chapter, and although I was happy with what I had added, Jaime had more critiques than usual, which was disheartening. It makes a lot of sense though, because I ran out of time and did not re-read what I had written (which I've learned is incredibly important). I had messed up on "its" and "it's," and Jaime explained the rules to me... which was embarrassing because I already know the rules. I just think faster than I can type, and this lends me to a lot of typos. I greatly

enjoyed the meeting, and I'm forever grateful for her feedback; however, I will NEVER submit another chapter without reading back over it again.

### **January 8<sup>th</sup>, 2018**

Today is my last first day of class (at least for my undergraduate degree). I feel as if last semester burnt me out a lot. I've never felt burnt out from school before, so it was a weird feeling for me. Over the break, I think I was in recovery mode, so writing was not a priority. I even considered dropping honors because I just didn't want this looming over my head anymore. I've learned through this process that it is exhausting to always have a big project looming over you, that you feel guilty for *not* working on it, even when you probably need the time off. I can't decide if I regret pushing off a lot of my writing over the break. On one hand, I know I need to start wrapping things up, but on the other hand, the process can be miserable sometimes. I can spend hours researching and writing without distraction, and sometimes this effort results in about three sentences. It's disheartening. At this point, I just feel as though I've invested too much time into this to give up now. I just have to keep hoping that the end product will be worth it.

### **January 16<sup>th</sup>, 2018**

I have recently been working on editing the Trauma chapter, which is the first chapter I wrote for this project. It is interesting to see how my writing has subtly changed. I also met with Frana and Diener today, and I'm very glad that I did. They made me feel like I was on track, and doing well on the project, so that was exciting.

### **January 23<sup>rd</sup>, 2018**

Jaime and I met for the first time this semester, we had both gotten a bit delayed. All we did was talk about the timeline for this semester, and what I worked on over break. We also knocked out the pre-submission form, because it was easy enough to complete and it will be due in February. I hope to finish the edits on the trauma chapter by the next time we meet.

### **February 2<sup>nd</sup>, 2018**

Jaime and I did not meet last Tuesday, and will not be meeting this Tuesday as well. Regardless, I was able to submit to her the edits for the trauma chapter, so I am still maintaining my timeline. I think I like editing better than writing the book, since you get to focus on making this flow, and wording things in a nicer way, rather than frantically building up your content for the sake of having more pages. Although I should probably work on finishing up the Character chapter, I will take one more week to edit a different chapter. Perhaps I will go back to my chapter on villains (which I spelt right on the first try).

**February 19<sup>th</sup>, 2018**

Jaime and I set a timeline for the remainder of the semester. If all goes according to plan, I will finish the character chapter and the introduction (which was the very first thing I worked on in this entire project) and submit a complete draft of the book to Jaime the week after spring break. I don't expect to do too much over the break (since I am traveling), so that means I have to work especially hard the week before break and in the days after break.

**March 12<sup>th</sup>, 2018**

Over the past week I finally compiled all of my chapters into one-word document. It was amazing to see everything put together like that; it really made me feel as if I had really accomplished a lot. It also made me realize how much more there is to do. I emailed the first draft to Jaime late in the night, but there are a lot of places I want to add more to before I send the document to the readers. Hopefully I can send the book to the readers next week, that way they have plenty of time to look over it all before the deadline.

**March 21<sup>st</sup>, 2018**

Jaime cleared me to send my work to the readers! This is exciting for me, and I can't wait to see how they react. I'd be lying if I said I wasn't nervous too, because this is the first time I've really put my work out there. Fingers crossed!

**April 8<sup>th</sup>, 2018**

I finally got my edits from my readers today. It took a while to incorporate everything, but they both gave very good feedback. Michael really critiqued the technical aspects of my writing, which I think I needed, since I haven't taken an English class in four years. Both readers said some really nice things about what I produced, which was honestly the most rewarding thing I've felt in this entire process.