

Activities 80 Points Total: Human Relations (MTKG 1960)

➤ Option #1: (20 Points) Friday April 20, 2018

I went to the Fashion Place Mall on Friday April 20th at around 11:30 am. I choose to go on a weekday because I wanted to see what kind of audience would be at the mall on a weekday during the day. Going into this experiment I was a bit nervous to be honest, but I soon realized that I shouldn't have. When I would walk up to people and start to introduce myself, many were genuinely shocked to see that someone was approaching them to have an actual conversation. Even though the conversation was to be brief, there were many that wanted to prolong the conversation.

During this project I tried to interact with people that were not exactly in my age group to see if I could maintain a brief conversation with them. But to my surprise there were many people that were not up for the chit chat. I talked with three females and two males, and really noticed a difference in the way they held a short conversation. They all were in their mid-twenties to early thirties. The females which I talked to at first when I approached them thought that I would be trying to sell them something or wanted something from them. Rather than the makes who had a questionable look but nevertheless engaged in a short conversation with me.

➤ Option #6: (20 Points) Saturday April 21, 2018

How long you spent and what you did. / How you felt about the experience.

I went to the Utah Animal Adoption Center for 3 hour and helped as much as I could. I believe that doing these experiences as really eye opening, well at least for me they are. It really shows how much of a difference you can create if you do experiences like these with nothing in return but the experience. I felt like I got a better understanding of why non-profit organizations are a big part of our society today. I helped them out with a fundraiser and got to spread their mission around to as many people as I could. The goal was to reach \$500 but it was exceeded and in result the fundraiser raised \$540. I got to interact with many animal lovers and got to hear stories of their pets. I did not take anyone with me, but after my experience I will

encourage more people to think about offering their time to these organizations. After this experience it has really pushed me into seeing how I can get non-profit organizations and really leave an imprint.

➤ **Option #9: (15 Points) Friday April 20, 2018**

What was the disability you simulated? Where did you go? Who did you go with?

The disability that I simulated was blindness as well as deafness. I actually got my mom to accompany me in this experience and try to be my eyes and ears. I went to smiths to do some grocery shopping, and while we were only there for about an hour and a half It felt like an eternity. I had to rely on my mom in moving around the store, and I was constantly holding onto the cart or her arm. Afterwards we went to eat at Culvers and I was able to order not unable to hear back my order to confirm whether it was right or not.

What happened? Did people react to you differently than they do without the disability?

I did not get to physically see the reaction of people, but it was more like a feeling that I got, thinking that people may be staring at me even if they probably weren't. It was almost as if I could sense people questioning why I was acting the way I was. I felt helpless if I am being completely honest, I couldn't do anything by myself, I was stuck with listening to my own thoughts. I am pretty blind already with out the use of my glasses, but being completely closed off from those around me, really got to me. It felt like my other senses were useless because I rely so much on my sense of hearing and sight.

What did you learn?

This project really showed me how lucky I am to be who I am. It is not easy not being able to fend for yourself and having to rely on others to get you through the day, well in my case a couple hours. It was really eye opening to see what a disabled person might feel on a day to day basis, especially if they are limited to the things they can do. Overall, I learned that you should never take anything for granted. Because you might think that you are having the worse day while there are people out there in the world that are having a harder time than you.

➤ **Option #10: (25 Points) Monday April 23, 2018 – Sunday April 29, 2018**

How did you feel at first compared to how you felt at the end of the week?

Exercising has never been my forte and as I have grown up it has become harder for me to get motivated and work out. Creating a plan for myself and sticking to it seemed like it would be impossible for me but that was far from the truth. At first, just like anything new I felt unmotivated to exercise but I was quick to mentally prepare myself that I would benefit from it. I suppose that I did not ease into it, I rather jumped in and expected anything but the worst. The first days felt never ending but I then got rather interested in seeing how much I could push myself. By the end of the week, exercising did not completely feel like an insane idea. Rather it felt like if I set myself to do something I was all up to me if I would succeed or not.

Did you notice a difference in yourself? Physical as well as mental?

I believe that my mindset changed during this week. I saw that I could change my everyday life by implementing tacks that could be beneficiary for me in the long run. I was motivated by the end of the week to continue to exercise. Rather than physical difference, I think that I noticed a mental difference with myself, I was more aware of what I could accomplish if I set my mind to it. I think that if I want to see a physical change, I would have to continue to implement an exercise plan into my life.