Lindzie Vaith

Miss Strobel

Miss Heckenlaible

Rachel Schaffer

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**Reflection**

**What were the total hours spent on the project? (35 hours and 5 minutes Total)**

1. **Research**

I spent 12 hours working on my research paper and preparing researching for my project.

1. **Product**

I spent 25 hours volunteering at HorsePower and I took two hours of training.

1. **Mentoring**

I spent about two hours talking with Rachel about volunteering and talking to her about times that would work for me to volunteer.

**Where were at least two of the biggest problems you encountered as you worked on the project?**

1. When I was trying to come up with a topic for my Senior Capstone I struggled, I did not know what I wanted to do. I knew I wanted to do something that I could enjoy doing so it would not feel like I was doing a lot of work. I thought it would be cool to do something with horses but with horses your options are little to none because of safety issues. I searched for a long time on things that I could do and I finally found out about HorsePower and it was a perfect match.
2. I also had a hard time finding a time to go to HorsePower. It is about an hour and 20 minute drive from my house. With busy schedules, school, their schedule, it was difficult to find a good time that would work for both of us.

**What did you do to manage your time?**

I am actually very surprised at how well I managed my time. I am usually the type of person to procrastinate until the last minute but with this project I got right on top of it and got about half of it done before basketball started. During basketball my project got put on hold but when it ended I was right on top of things again to get my product done.

**What did you learn from the experience of working with other people?**

I learned that not everyone is as lucky as I am and I should not take the life I have for granted because it can all be gone in a second. Seeing those children and adults looks so happy when they are completing a task that I get to do every day made me realize how lucky I am. I also learned a lot from Rachel, my mentor; she is an amazing person and makes a difference in many people’s lives every day. I hope someday I can help as many people as she has.

**What personal satisfaction was gained from the Project experience?**

I have experienced a lot of satisfaction by doing this project. It opened my eyes to see that I can do anything that I set my mind to do. I accomplished writing a research paper and putting over 16 hours of my time into helping others, that is a great feeling.

**Briefly describe the “risk” you took in completing this Project. Include what you consider to be the “stretch” in this Project for you.**

A stretch that I faced was going up to Sioux Falls by myself. I am not one to go venture into new things by myself. I like having someone else there as comfort. As the day went on, I knew I had nothing to worry about since the people there love horses as much as I do. We were all there for the same reason, to help someone else. A risk that I took would be when I asked Rachel to be my mentor. I had not known her before I came across her name on the HorsePower website so this was strange to me.

**How were your original plans for the Project the same or different from the final outcome of your Project?**

My original plans stayed throughout my project. I planned on meeting up with Rachel when I went to the volunteer training. After that we kept in contact about me coming up to volunteer and decided on a few dates that worked for both of us.

**Assess the success of your product.**

My product was by far the most rewarding part of my Senior Project. The first time going up to HorsePower was scary but after a few hours it was like I had been volunteering there my whole life. The few patients that I got to help out with were so full of life and loved what they were doing. They loved me before they even knew my name just for coming and making it possible for them to ride. I learned more from them in the few times I was there than I have learned form a lot of people my whole life.

**What did the Project teach you about yourself?**

This project taught me that I should not take anything for granted. It taught me that not everyone is as lucky as I am and is able to do all the little things that I dread doing every day. It taught me that I can accomplish a big project on my own if I set my priorities straight, have good time management, and am organized. It also taught me that I have the patience to work with people with disabilities.

**What would you do differently now that you have finished?**

Overall I was happy with how my Senior Capstone turned out, but I would change one thing. If I could go back, I would put together some kind of fundraiser for HorsePower. HorsePower is a nonprofit organization that is run off grants from the state and sometimes even out of personal pockets of the volunteers. It would have liked to put together some type of fundraiser to help HorsePower.

**What grade would you give yourself for the Project? Give your justification.**

I would give myself a “B+”. I would give myself this grade because I worked really hard on this project. I put a lot of time into my research paper as well as meeting all the deadlines and due dates. For my product I also met all the due dates and was well organized throughout the experience. Overall I think I put together a good Senior Capstone that is worth a “B+”.