Alana Mousseau  
5 My 2017  
Mid Quarter Self eval   
  
  
 This quarter, and also unfortunately my last at Evergreen has made me open my eyes, and jump on the vast amount of opportunities offered at the school. My previous five quarters at Evergreen I spent a lot of time at school, but not as much time participating in events that I would have otherwise liked to be a part of. Now, as a senior and finishing up, part of me feels guilty for not attending all the events, talks, and other outings provided to me through Evergreen. The other part of me is panicked and not nearly as excited for graduation as I could be. School has been the only think I’ve known the past seventeen years of my life. Yet to ease myself out of the school year, and being on campus so much, (quickly discovering the library basement was my go-to study spot), I wanted to opt for a program that would be an easy transition in, since it seemed the majority of programs would be filled or a continuation of the previous quarter.   
 SOS Commodification Processes And Alternatives was the perfect option for me, because it allowed me to work independently on a field of study I’m interested in, yet at the same time, gave me the ability to still continue with my focus on food, like the majority of my time at Evergreen has been spent on. Recognizing I had so many great resources here in Olympia Washington, I was torn between doing hands on work outside with other people, passionate about the environment, and committing my time at the Thurston County foodbank, working with food that gave me a different look at food service, than the commodities of fast food and restaurants. Panicking, and still indecisive, I chose both. Although this meant I wouldn’t be able to spend a ton of time at either place, one or two days a week with both places has already been an endearing experience. Both internships are incredibly different from each other, but provide me with hands on work, social skills and a wide range of training. While I can relate history of the prairies I do restoration work on back to the readings of the class, the food bank also shares similarities within our focus of “alternatives”. I’m moved at the food bank by people who volunteer to give back when they were in need. Whereas on the military base, it is the only location home to protecting the stunning yet endangered Taylor’s Checkerspot butterfly.   
 Through all of this experience though, I have been incredibly busy and quickly learned I signed myself up for too much, and was doing more than the required amount of hours needed for my 14 credits I signed up for. Always being on the go has lead me to have little time for reflection and not posting as much as I would like to on my website. Now, half way through the quarter, I recognize I do not have enough up on my website, and plan to end the next half of the quarter by being more on top of my work and spending more time writing about all my positive experiences in class during tasting labs, reflecting on my internships, and also writing about the fun other activities I’ve participated in, such as field trips, student presentations, lectures, and visiting museums.   
 Since both places I am working with provide so many opportunities, this made knowing what I would be doing in advance, and writing my ILC slightly challenging. I’ve been grateful to complete any task I’ve been assigned through my internships, and have a lot of fun doing so. I’ve so far never done the same thing twice at either place, and have thrived taking in each experience.   
 With only weeks away from graduation, I recognize I will need to stay on top of my studies, wanting to finish off my year strongly. I hope to be able to take the time in the next five weeks to gain more experience through my independent learning and work on the base and at the bank.  
  
  
  
  
  
  
  
  
  
  
Recipe to Save Yourself From Disaster  
  
Self-care  
Proper communication skills  
Time Management  
Consciousness and self-awareness   
A Good Nights Rest  
Napping (optional)