**Genius Hour Final Reflection Activity**

**By Adam Murray**

**Summarize the purpose of your Genius Hour project in 140 characters.**

The purpose of my group’s Genius Hour project was to raise awareness and eradicate stigma surrounding mental health by education and information directed towards teenage individuals.

**Explain the process of your Genius Hour project. Be reflective. Be contemplative. Explain and describe your journey. (No Less Than Three FULL Paragraphs.)**

The process of the Genius Hour project was interesting but time consuming. In order to make an impact and stay organized it took a lot of focus and dedication on our topic, so it worked out that my group chose a topic we could maintain interest in. Throughout the project there were many changes of ideas, varying time frames, and countless emails and posts. My group wanted to make a difference wide scale, so from the start a main focus was to find an educated and informative speaker.

When we began the project, we laid out our goals in website form and began keeping logs/journals of our progress. When we knew what we wanted and got organized, an amazing speaker fell into place and we began to plan wide scale with school staff and outside individuals. The plan was to work towards and finalize a set presentation for the entire high school population to be excused for, and from there my group began to take things week by week and scheduling meetings, updating our information, and planning the overall event.

Sadly, in the final stages of our Genius Hour project, the presentation fell through as things didn’t work out with our school and timing. This was at first disappointing, but our work throughout the year has not been wasted; we still raised awareness and put out information surrounding mental health to other students. To put an end to the project, we plan to put together a video of a summarized presentation and show it to our English classes. In all, I’m proud of what my group has done and worked towards in terms of mental health awareness.

**The intention For Genius Hour is NOT only to learn, but ALSO to share your knowledge with others who can and will benefit from your learning. How did you share your learning? What do you hope the result might be? (No Less Than Two Full Paragraphs.)**

Not only did my group learn throughout the Genius Hour project, but we shared the knowledge with others who we thought might benefit. In this case, we thought that the best way to share the information gained was through a presentation to the whole high school. Since that didn’t work, we set a smaller scale and are showing it to certain classrooms and grades instead. Either way, just sharing hope or advocating help to one individual could make a difference, and that’s what the idea for this project was truly about.

The result we aimed for was to change some people’s views on mental health and to provide understanding to others. Some don’t know enough about mental health, and many have wrong ideas or don’t know where to turn or how to get help. Giant presentation or not, we spread resources, provided information, and communicated with adults in this field and others. The best way to help others is to help yourself first, and my group did this via education and action. Our passion for this topic grew, and we still continue to maintain our websites and eradicate stigma.

**If you could do anything different with your Genius Hour project what would you do differently and why? (No less than two full paragraphs.)**

Throughout the course of Genius Hour, my group tried their hardest but there were still some changes we’d make looking back on it. I feel that we’d be more swift at corresponding with professionals, we would hold even more meetings, and we’d lay more out on paper rather than just in our heads. Instead of putting the greatest focus on the digital side of things, my group would spend more time being personal and one on one with people. Our Genius Hour project would be more small scale from the start instead of a bigger than life idea.

The main change I would’ve personally made is talking to and getting permission from administration early on. I waited it out thinking that everyone would be on board and it’d be an easy yes but sadly that was not the case. Unless everyone approves, there’s kinks in the plan and I would make sure that didn’t happen had I to do it again.Overall I feel that the project was successful nonetheless and we did a good job with following through and being creative.

**Reflect on what you did well during this Genius Hour process? Note your successes and accomplishments. (No less than two full paragraphs.)**

The Genius Hour process was a long one, and my group noticed both weaknesses and strengths. We succeeded in the more professional aspects of planning/coordinating, as well as maintaining contact with those involved in the project. My partners and I realized how much it takes to pull something big together. Although it was depressing when the final arrangement for a large presentation fell through, it taught us how to deal with a change of plans and understanding/accepting different ideas. One could consider this an accomplishment when thinking of the flexibility standpoint and understanding that not everything goes according to plan; an important lesson.

The project did teach us some successful techniques, like managing a website and sending professional emails. We also put a great focus on education of specific issues, such as depression and anxiety. This gave us background to make a well rounded project, and helped keep things organized. After reflecting, my group has decided that we are happy with where the genius hour project stands and we feel that it was a success.

**Include any videos, pictures, presentations, or artifacts that will document your journey.**

