

Food Service SEL 5.2 reflection

My first SEL was the first time Meals on Wheels had an intern and it was a learning experience. While I had a timeline and projects, throughout the SEL, many projects got put to the side to help with their daily operations, but I made sure that I still completed my projects. Moving forward to my food service SEL, both I and Meals on Wheels tried to put my internship first throughout my time there but as we all know, things happen and you must adapt and adjust course. This is exactly what happened in this internship, I had a family emergency that removed me from my internship for a week, so I had to adjust my schedule for extras hours because of my decreased timeline. Another aspect that I did was put together my own audit program for C2 meals compliance for Age Guide. This is important because I sought information from both Meals on Wheels and Age Guide, but they couldn't deliver the information, so I had to use my abilities to create my own timeline and program with the information I already had.

Throughout both of my SEL, I would attend weekly meetings with Richard and my preceptors to have an AAR. This happened even more so during this internship because of the task that didn't happen or got restructured during the community internship. I used this to organize my task, timeframes and overall internships. I used my organizational skills to adapt to certain situations to move projects forward or back and to ensure they were completed. Throughout this SEL, I handled most of this because of the timelines of Meals on Wheels and their internal struggles with their own timeframes to ensure that my timelines were taken care of first. But I also made sure that I helped them every chance I got, I even took time on my off days to help them with certain external projects. Lastly, I

managed my time accordingly to research, complete, present and receive feedback on my food safety presentations despite working on several SEL, and school projects at once but I ensured that I pre-planned and kept checking in with myself to make sure that everything got done.