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13 February, 2024

Progress Report #1

Throughout these past three weeks, I have mainly been working on the format of my presentation. It's essentially a presentation that's based on why the mental health of college students is greatly overshadowed in our generation today. One part of the presentation that I really like is when I provide great mental health resources that can potentially help students my age, such as The Trevor Project, The National Institute of Mental Health, and BetterHelp. After this slide, I will display a video of my own personal story of mental health and the several tips that I use as a way to calm my anxiety. This video hasn't been filmed yet but I already have a solid plan as to how I'm going to shoot the whole thing. I am going to use the platform known as Adobe Audition, which is a great filming and editing software that would be perfect for this short film I will be making. I'm very excited to begin my filming and despite the calendar in my proposal showing dates that have already passed, those dates were nearly an estimate from last semester. I see myself beginning filming in March with my equipment and it's going to be extremely fun. As for now, my biggest challenge that I have for this presentation is essentially organizing everything since there's so many ideas hitting me at once through this creative process. I want to make my message as clear, concise, and cohesive as possible and I think I started off with a good foundation. I did a good job with providing images that aren't distracting, since a goal of mine is to have the audience be more so focused on my energy as a presenter as opposed to distracting images.

My presentation features a total of 9 slides, including a title and a works cited slide. The intro slide that I have provided offers a brief synopsis as to my overall purpose in creating this project. I simply explained that my goal as a college student throughout my four years was to create something that felt meaningful and altruistic to me whilst incorporating my passions into introducing an impactful argument. I believe I did a great job with introducing my point of why I created this presentation in the way that I wanted. For the next slide I created, it breaks down my argument in a bulleted list and I'm happy that I decided to make this final change. This is because originally, this slide was in a brief paragraph and it made for an unorganized slide that wasn't catchy to look at. Making a bulleted list allows me to clearly put my ideas in an organized way, which makes for better pacing for when I'm presenting. This slide has to do with the problems that college students including myself face and it's simply based on the voices that I've heard from within my community. Applying my own personal views as a way of presenting my argument can lead to a more comfortable relationship with my audience and that's something that I genuinely want to focus on as a presenter.

After the argument slide is presented, I created my favorite slides in the presentation which showcases the positive mental health resources that I aforementioned in the beginning of this progress report. One thing that I want to change is to either provide more research on the National Institute of Mental Health or completely swap that resource out for a completely new one. This is because The Trevor Project and BetterHelp slides feature more bulleted points as opposed to the National Institute of Mental Health so I believe reciprocating the same information book is most necessary in the future. Lastly, I made a slide for the video and instead

of actually having the video, I provided a slide that has the same exact topic: which is discussing my personal favorite things to do in order to destress. Lastly, I have a concluding slide which is just like my intro slide where instead of having a brief paragraph, I provided another bulleted list. I think the only thing I want to do for my concluding slide is to make it more brief and straight to the point. Overall, I had a really fun time creating my first draft for my presentation and I'm looking forward to constructing more of this presentation in the future.