# Reflection Learning Journal

**Brooklyn Donckers** 





### Internship Seminar

MY TEN LIFE LESSONS: A guide for the Internship seminars.

- 1) 90% OF SUCCESS IS SHOWING UP!: The nature of being "present", not just for interviews and work, but also as an entity in the consciousness of coworkers and yourself! Discussions include personal appearance, grooming, and modern standards of professional decorum and etiquette.
- 2) SHOULDA, WOULDA, COULDA!!: The nature of regret, of possibilities, of attempts, failures,...and the debilitating effect of fear, and how to overcome it.
- 3) SCRAPE YOUR KNEES!!!! FALLING DOWN IS NECESSARY!!!: Sadly, most of life's most valuable lessons are learned through pain, error, or loss....not victory. How do we deal with it, and what's the alternative?
- 4) WHEN LIFE HANDS YOU LEMONS!!: The nature of setbacks and of not just rising above them, but of inventing new and creative uses of the situation at hand to succeed....and even excel.
- 5) GOOD NEWS TRAVELS QUICKLY...BAD NEWS TRAVELS FASTER!!!: Exploring your reputation, and your integrity. Balancing values in the office and its politics with longterm benefits of honesty, discretion, and personal relationships.
- 6) HIGH PROFILE/BROKEN NOSE!!!: The nature of being great, admired, envied, and rewarded!....and the downside.....
- 7) HAPPINESS BRINGS SUCCESS! "SUCCESS" DOES NOT NECESSARILY BRING HAPPINESS!!: Finding what you love doing, and trusting that it will make the best use of your talents, energy, devotion, and time.
- NEVER TAKE "NO!" FOR AN ANSWER!!!: The nature of rejection, and of being consistent in the face of criticism and loss.
- 9) STAY CURIOUS!!!: The nature of saying "YES!"!...not "yes, but", of being open to new ideas and opportunities, and never being bored.
- 10) FIND YOUR MAGIC, MAKE YOUR MAGIC, AND YOU WILL BE YOUR MAGIC!!!: The balance of "changing" destiny and "allowing" destiny.



- The best thing you can do is show up for yourself
- Take advantage of opportunities that present themselves
- The most valuable lessons are learned from making mistakes

# 5W Public Relations



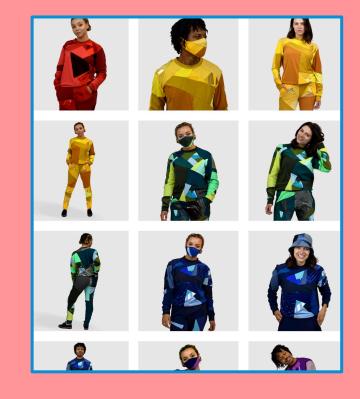




- Help connect brands and companies to get exposure
- Importance of brand objective
- "Leave behind"

## Zero Waste Daniel

- The process of growing his company through social media
- Plays with scarcity
- Importance of putting the mission first and creating pieces that make change
- It is important for a designer to follow their internal voice









#### Socialyte

- They work to connect brands with people to build long term relationships
- Important to be susceptible to change
- Don't ever stop listening to your inner voice, don't stop listening to what you think is valuable
- Big to small, everything begins with creativity
- Never stop pushing boundaries & creating





# Tanya Taylor



- Working with people from different backgrounds creates a melting pot for creativity
- Work with mood in their patterns and prints
- Carry women's sizes 0-22
- Believe in the importance of women wearing what inspires them, and makes them feel most confident

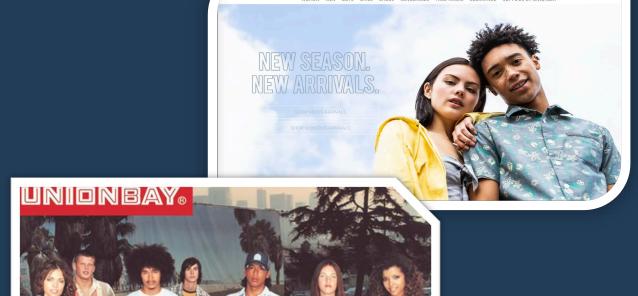
We are painting the world we want women to live in. A world pulsing with creativity and color, where women are encouraged to celebrate every version

of themselves.

## UNIONBAT

- Take what you have learned and applying it to where you go next
- You have to be flexible in the fashion industry, there is always something that comes about
- All about communication, managing accounts, sharing information
- It is important to take in the factor of the product, style, and price when in communication with buyers











#### SYLVEN New York

- High quality, sustainably designed footwear
- Vegan apple leather, made from organic apple waste
- Need to surround yourself with people who are aligned with your values and beliefs
- It is important to create an aesthetic, but also functional in the design process
- Be patient, have goals, have a vision, if you can't see yourself doing whatever you are doing forever, then do not do it



- This tour solidified feelings about working in the industry
- Created the opportunity for future internships
- Insight on different career paths in the fashion industry
- Provided valuable connections