Throughout the semester my topic was about Betel Nut Chewing in the CNMI. It included both advantages and disadvantages of how betel nut chewing affected a person’s health. I decided to research more into this topic because it plays a significant role in my life, especially in my culture, the Chamorro culture. I’ve been exposed to betel nut chewing growing up and eventually started at a young age. Today marks my fourth month since I’ve quit chewing. I’ve decided to take care of my health more and I would want to help addictive chewers stop in hopes that my research findings would reach out to those struggling to quit chewing.

Although I feel as if my topic is generally common, I enjoyed researching further on this topic. It was definitely a good topic for me because I wrote about it to spread awareness on betel nut chewing. Due to the various essays that I’ve worked on regarding this topic, I feel as though I’ve researched quite enough information on this topic. I am satisfied and happy with the topic I chose because I chose to write about an issue that I’m aware of, and familiar about. This topic is especially important to me because every day I am exposed to individuals chewing, majority of them are my age, and although chewing is a cultural influence in the Marianas, kids nowadays should not continue chewing betel not especially out of peer pressure.

Preferably, the first method worked out best for me. I chose this method because it helped me narrow down my topic and put it in a more concise format to get to the “juice” of the essay. This method was good for me because I was able to refer back to my previous essays, which eventually helped me to write my final research report. I was able to understand my topic more in depth and it was easier for me to write my report.

Writing my essay was a challenge, but I’ve gathered several information and important data through conducting surveys and sending out interview questions through email to experts in this area. I found both the survey and the interview most helpful in writing my essay because it contained valuable information that I was able to use. Based on the information I received from these sources I am very much satisfied because it was interesting. However, I did face some issues locating these sources because I was not sure who to contact and where to start. I also had a hard time reaching out to some of my sources for the interview because they did not respond to my email at first. So, I decided to follow up with them and they finally answered my interview questions several days later. Despite these issues, it was a successful journey finding these credible sources because in the end, I was able to gather all the information I needed to write my essay and all my questions were answered. In addition, I found the survey most helpful to me because it helped me narrow down the age range of those that chewed excessively and I was able to find that more people chewed than those that do not.

The most helpful resource that I’ve used was the book. It demonstrated various ways to write a successful research paper. The book helped me understand the importance of writing clearly for my audience to understand what I want to say. However, the least helpful resources were the PowerPoints and some of the worksheets that would help to edit my paper and write the resources.

 Throughout the course I was able to learn different types of essays and I believe that I’ve achieved my goal. All the skills and knowledge I’ve gained in this class will definitely help me in the future, most especially if I was to take another English class or work in an office setting where writing is a necessity. I think I would be required to write persuasive, descriptive, narrative, compare and contrast essays, and so much more! If I was a marketing director I would definitely need to know how to write a persuasive essay.

 I can definitely use some of the skills I’ve obtained in this class to help me in the future. For example, I learned how to use EBSCO and google scholar. These two websites would be helpful to me to search up future references to cite my paper. I am able to write at least three different genres because I’ve learned several essays in this class like a process essay, compare and contrast essay, and a descriptive essay. I think my strongest writing skill is citing sources. I hope to be able to write my paper with little to no grammar errors in the future. Yes, I’ve learned a lot of information about how to write papers in APA format. Although it is a complicated format, I am willing to learn more to enhance my skills in the future.

 In this class I was required to look for and analyze literature to inform and support my writing by gathering credible resources. I agree that this skill will be helpful in the future because I still have a long way to go with school and I most definitely know that I will still continue to write papers and conducting and gathering credible data is a necessity to writing a great research paper!

 I believe I can write a primary research because I’ve learned how to conduct interviews and obtain sources straight from the source itself. And if not, I am up for the challenge! I learned how to conduct surveys and interviews throughout this semester. In the future I would like to learn how to interview people in person and probably work on an observation for further research in the future.

 I can see myself researching on various topics related to my degree and I do know that I will be focusing on a wide variety of research essays of all types including the essay types that I’ve done throughout this course.

 My strength while writing my research papers was being able to locate sources as evidence to support my findings and citing the sources within the essay. My weakness includes organizing the research paper and have several grammar issues. It was sort of an area I needed to work on because it was hard for me to stick to my plan while writing my essay, which is also the reason why it was hard for me to organize my paper.

 As for my academic writing, I do feel as though I improved tremendously. It was quite a change also because of the way my instructors taught the class and the level of the class. I was able to understand more and my grammar has improved a little. For me, I think I would have to work on my organizational skills and finding ways to help me create a strong thesis statement.

 The outcome of my essay was a success! I was able to locate various information from experts and individuals who are first hand chewers and how betel nut has affected their life. I’ve spent quite enough time to create my paper in terms of learning from others and sharing that information with my peers to help those in need of assistance to stop chewing.

 In conclusion, this semester has been a long and challenging journey that I was willing and able to focus on. I wanted to share the importance of the effects of betel nut chewing because it just may save a life! And I want my peers to be aware and open-minded about the situation that betel nut chewing has on their future as well. It is best to inform them now, since we still have a chance at such a young age and we are able to take control of the situation ahead of time!