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To begin, I felt and decided that I chose this topic due to how relatable it would be to talk about especially in the CNMI. Later on, I decided to narrow my way towards the students of NMC as they it was much easier to get in contact with them. I believed that diabetes was a great topic to talk about as it has become prevalent all around the world, and in the CNMI it is no different.

In most classes, the structure of writing essays are much more broad, however in this class, our instructor Dr. Bunts, made it so that we were to discuss a topic of our liking from the beginning of the semester. She then made it flow onto the rest of the course by making us complete 4 types of essays by using that same topic. There were some positive and negative factors that I could say bothered me. Being able to only write about one topic throughout the course got me bored about speaking over the same thing, listing how I would gather my data, over and over again. Still, there were some positive outcomes I could see such as being able to keep reconstructing our essays by; using our peers feedback and comments, how they're developed differently for each essay, and how it can be fully polished by the end with a final research report.

Speaking of research reports, we had to find different sources for our paper - academic and non-academic sources. I found it easy attaining both types as diabetes is something that is

talked commonly about. I did find academic sources more reliable for certain information since, they were open to talking about their experiences through a journal. With non-academic sources, they gave more of a general type of information but still was found to be useful for my paper. With sources, I found difficulty finding experts from off-island as they wouldn't be able to answer my questions on time. I did manage to find experts on island, only receiving one response.

As the course continued on, I didn't find the textbook helpful due to how it wasn't relevant to the quizzes on QuizStar. Because of this, I had to turn to the handouts that were posted on moodle and the sample assignments that were given. This gave me the idea on how the papers are supposed to be structured and organized. I also found the audio files that Dr. Bunts provided to be helpful, as it was more direct and less vague than what I read from the texts on the online course.

In the course, we were also made to learn four types of essays which would be useful in the end for the final research paper. I managed to learn how to better summarize, paraphrase, and better develop my papers. I can't really compare my essays from this semester to my last english course, since our instructor didn't really make us work on essays. I would say that, I did improve more also with the help of my peers. I know I could continue on to improve on my writing skills and that my literature class also helped me better on my papers.

The last thing I'd like to share is my personal way of gathering data and the outcomes. I lean towards giving surveys or asking questions to get the answers that I'd want to hear, and although I only managed to receive a majority of answers from the students of NMC, I'd like to view it as a first step to a brighter future. This class seemed to give me an example of how'd it

would be like making a research report. In the end, the outcomes came natural, with answers and opinions on diabetes being associated with diet, lifestyle, and genetics.