Jefferson Mateo

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Dr. Kimberly Bunts-Anderson

Reflection

 During my whole experience in an English composition class, conducting a research study has been a learning experience for me. The topic I decided to study about is the impacts of coffee and energy drinks on college students. This topic is a good topic because it is important that college students understand and realize that coffee and energy drinks are not only energy boosters. With the data that I have collected, I definitely could have gone beyond with this research study. I could have studied different brands of coffee and energy drinks, and what beverages are considered popular to the college community. Additionally, I think that I could have altered my topic choice in the beginning of my research. I had a gut feeling that a majority of students would say that they prefer drinking coffee over energy drinks, which is true, according to the data I have collected. So, another route I could have taken was focusing on energy drinks and its impacts on humans.

 The process of creating my final research report was, what I would describe, a rollercoaster! One of the three research methods I used, creating a survey, sort of gone through a loop. Not know that the first survey was only a pilot survey, only for the instructor to see, I realized that I had to create an official survey that I would distribute to all the students of the college. With the help of the college’s Office of Institutional Effectiveness team, I was able to create a well-developed essay that most students can understand. Overall, this was a great learning experience with creating effective surveys. Additionally, trying to find experts in the field of health was a challenge for me, but I was introduced to a registered dietician on island. So I was able to interview her expertise.

 Altogether, this research project was a unique way of understanding how to conduct a research, what methods to use, and how our findings can be implemented into several English composition assignments. I am truly satisfied with the content and end results. Learning how to conduct a research study can positively impact my learning and I could use what I learned in the future to find answers to a problem and more!