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Reflection

Fascinated by a quote argued by Mark Twain, I am convinced that actions truly “speak louder than words”. I believe that a man must see it with his very eyes before he can believe what someone says; likewise, whatever one does, reflects ones character as an individual. How people go about their daily lives as an example, and the choices and decisions they make, although they may not pay much attention to their unconscious behavior and preferences, simple everyday actions and choices say a lot about a person’s personality. Not only do they shape a person’s individual character, but they could also hold hints as to how we interact and respond to our personal relationships. What more can anyone ask if they possessed the gift to see right through a person, find the good in anyone without passing biased judgement? That is what I am promoting, and with my passion in writing, my ulterior goal by the end of my research and this reflection paper is understanding from me as the researcher and you, the reader.

The topic I chose was the introspection, specifically, examining the relationship between Unconscious Behavior and Relationship Personalities. I strongly feel that introspection is an important concept that should be implemented in every person’s life to achieve full understanding of not only everyone which of whom an individual interacts with, but also, a better understanding of oneself. I believe this is a good topic because this allows me as the student researcher to not only understand others, but also promote awareness to the readers of my research report that the lack of careful observation could lead to unfair judgement. By the end of my research, I will continue to apply what I have learned not only in my personal life to become a better individual, but also in my field of study.

The reason why I will continue to work with this project is that I am in the field of psychology. By understanding the human mind and its inner workings, my growth and understanding in the field will help me sympathize with others as well as provide the right advice or “counseling” to my future clients or students. With that being said, I enjoyed working with this topic because it involves me working in my area of expertise. In addition, by choosing this topic, I was able to test a hypothesis, such as my personality of keeping my phone for years linked to my long-term commitment to a future spouse.

The method I prefer throughout the course of my research would be creating the introductions. I prefer writing the introduction in each of my essays because I am able to play with words to capture the interest of my readers. I especially like to add a hint of ‘taunt’ in my writing as well as bombarding the readers with rhetorical questions to actually make them think of questions they would have never initially thought about. Although I learned that having questions in an academic essay is not a good thing, they just seem right to add them because it is exactly what my research is all about: introspection, which is deep reflective thinking and observation in or outside of oneself.

I believe it is sufficient to read the sources as soon as they become available to you. Having to read them ahead of time would build your background on the topic as well as give you an insight as to what you expect to find or what you may want to find as soon as you conduct the remaining part of your research such as the creation and administration surveys and the drafts of your essay. As far as the sources I have located is concerned, I am content with what I have found, many have given me the information I needed as well as many of them supported my hypothesis. Concerning the problems I have encountered with locating my sources, I did not have much problem because I have located enough material in the library as well as scholarly material online. Summarizing the sources I have reviewed, the book I have found in the library as well as my psychology textbook gave me sufficient perspectives in my topics.

All the handouts and supplementary material were helpful part of my research. The PowerPoints that we were given were sometimes vague to follow through, but if you are paying attention they would be somewhat helpful. The book used in this course was also helpful, all the requirements and the format for the academic essay were self-explanatory and thoroughly covered in the book so it was easier to consult. I have not consulted any other sources aside from those given to me because the ones provided by our instructor as well as the book were sufficient to work with.

When I first stepped into my English 202 class, I never expected I would use APA in my life. I have used MLA in my previous research essays as well as in my English class, but I had no knowledge in APA whatsoever. I wouldn’t say I am perfect in APA, but at least now I know the general difference between MLA and APA, and now I know that in any of my future classes requiring me to write essays, I’d include a proper cover page, abstract, running head, and the right headers for sections, format, and citations.

The skills I have learned in this course would be extremely beneficial for my future classes as I am certain I would be required to write a certain type of essay or reflection in them. I now know how to locate a certain literature in the library or access a scholarly article online. I have a general knowledge expected in different genres of academic essays, but I may have to improve in writing them. I have learned enough of the APA format to structure my essays but may consult the book from time to time for any of my future classes that requires them.

Analyzing literature to inform my readers as well as support my writing is an important skill to have. Without using literature, how else can someone find evidence in a courtroom or even in a debate? “Words” as Cassandra Clare once said, “has the power to change us”, therefore whatever we read, has the power to not only enlighten us but also give us evidence to bring justice. I believe this skill is something I would definitely use in the future because before I apply a certain method or type of counseling, I must know the concept thoroughly and if I were to diagnose someone or offer an advice to a client/student I must know what I am talking about and support my claim.

I believe conducting a primary research for my major would be easier now, as I have already exposed myself of material that relates to my field of study. This primary research exposed me to material that I can use in case studies as well as improve in my field of study. The type of method I can use is formulating questions such as those that I learned in terms of creating surveys and use these types of questions when I am doing counseling or reports on case studies. The types of skills I would like to learn in the future would be overcoming procrastination, as that was my major problem throughout my research. Another skill I would like to learn is finding ways to keep myself motivated and paced. This research project thought me that if I continue to procrastinate or allow my motivation to falter in doing any of the work no matter how discouraging the workload is I would regret it in the end.

Regarding my strengths and weaknesses in my project, I would say that objectivity was my main struggle. I already knew that an academic research paper must remain objective to give the readers equal perspectives of the topic at hand however, this makes me more inclined to become more subjective as I find more evidence to my claims. Another weakness of mine might be my rebelliousness in writing itself, I have strong feelings in writing, and I strongly believe that one should not conform to the rules of others especially when they technically want to hear your “voice”. Writing should not be restricted by rules but rather show creativity and “life” in each word. Likewise, my strength regarding this project may be my love for writing. I love to write as long as I am not chained by the expectations of others and regard something I am strongly passionate about. Ironically, however I do not have the assets of the perfect student researcher, as I did not follow the schedule we planned in the beginning of this course.

In terms of improvement, I believe I improved in creating a better introduction as well as eliminating my bad habit of using too many rhetorical questions and unconsciously writing in first person in an academic writing. What I would like to work on however is my citation and creating a better abstract and conclusion, and transitions in my body paragraphs. There are so much things to could improve on, and this can only be achieve if I practice more.

The overall outcome of my research went better than I’ve expected, although I’ve anticipated the results, I’ve also learned that this evidence is not enough to simply judge a person based on biased observation. I have also learned that evidence may not always be accurate because humans are constantly evolving, however this does not mean that recent research may debunk previous claims because they could have been accurate but not applicable to ‘label’ everyone in an ever-evolving society. I believe that I’ve spent enough time thinking about my research questions, collecting as well as analyzing data, however the ultimate reason I was struggling is because of the lack of time I’ve spent to actually focus on my research. This however, could be adjusted if I stuck to my original schedule and took the research process seriously for a better research report in the future.