Daesha Santos

December 7, 2017

EN101 ONO1

Kimberly Bunts-Anderson

***Reflection***

As months have passed and weeks lessened into days, I realized that I chose a good topic that became more open to my understanding. I would work with my topic further and actually shed a little bit more light on the current situation but I think that what I have provided is good. I am happy with what I selected and I did have doubts in the beginning. I’m glad that even though I doubted my topic, I was able to extend the knowledge in myself that I was able to follow through with what I started with. School lunches is a big issue and having unhealthy lunches represent more invites for illnesses to occur in the body.

Having to do research and jot down vital information for my project was worthwhile. I was able to find out many preventions from maintaining a healthy diet and a healthy full course meal, abundance of making healthy choices, how to prepare healthy snacks, etc. I was able to find articles and online blogs about parents concerned for their children’s consumption. I am satisfied with the amount of information I carried and came to be aware of, because in the end, it helped my topic widen. The most useful article that came to light was about a mother who was concerned about what her child ate every day at school and what she could do to change their home-cooked meals into healthier ones. She wrote a book about it and it instantly became a phenomenon.

This class really helped me master how to write MLA format (as I’ve never wrote in MLA during high school). I am able to use the skills I learned in writing because of the past essays that we’ve had to turn in. At first, I didn’t get MLA but as I started to do first drafts and then final drafts it was the key to helping me master everything. In my future career, which seems so far away, I am able to use the writing skills that I have been taught to use in the future if I ever become a teacher or want to extend my knowledge and go on to a different major like business management.

My strengths and weaknesses were a bit of a rollercoaster during their project. I found it easy to gather information by making a survey and collecting responses from some of my peers. I also had to change in some questions on the first and second draft because the questions were actually not to the point. With my classmates feedback and my teacher’s, I am satisfied with the overall results of the survey and what I did to come this far. While doing the survey, we were also asked to create a schedule and organize accordingly and by weekly. I was able to do that and the schedule really helped me in having time management for myself and for my project. It helped as a daily reminder and also of the importance of collecting responses on time. Being able to organize a schedule and plan ahead was definitely one of my assets during their course. This was the class that I actually put so much time and effort on this Fall 2017 semester.

In conclusion, I feel so confident that I have improve in my Academic Writing and skills from this class and I can definitely apply what I’ve learned from here then on. My research outcomes help me to realize that there are many students that want a change in school lunches but I think it is best that the given school lunches stay the way that it is now due to the fact that it prevents many illnesses from youth and college students. I feel like I have spent enough time thinking of the research questions that I have asked, the tools I used to collect data and analyzing the data. Overall, I am satisfied with the work I have put into my final project. Thank you.