

Reflection

After spending much time conducting research on my topic, I feel my that my topic is important and relevant in the matters of student health. Throughout my study there were many factors that contributed to the overall high school lunch program, but my study was focused on the educational influence the high school lunch program has on students' nutrition. I would work with this research further to more fully understand the factors that affect the lunch program from effectively educating students on nutrition. I am satisfied with the topic I have chosen because I feel it is important to educate student about nutrition and healthy lifestyles from the source of their school meals. Also, it is important that students are knowledgeable on the topics of nutrition and healthy lifestyles for them to carry into adulthood.

Throughout this course I was assigned four different types of essays to write: illustrative, persuasive, process, and literature. I prefer having four course essays focused on one primary research. Not only does this method ultimately help with completing the final report, but it allows me to edit my work until it is ready and presentable. In this course I was given the opportunity to locate all my literature sources before starting any further research. Personally, I like being able to locate literature sources beforehand. This method gives me a generous amount of time to read each source and highlight the most important information. Given the sufficient amount of time to locate literature sources, I was able to gather quite a lot of literature with very useful information needed to help support my research. A major success I had with locating my literature sources was I was able to find similar studies and experts to talk to regarding my study. A majority of my literature consisted of academic literature and studies which was very helpful in providing facts and data to compare.

During my research, I found the course textbook to be most helpful throughout my research and writing process. The course textbook provided detailed steps for conducting research, the writing process, and detailed directions for the many aspects of the research study process. A source I would liked to have used are sample essays from former students. The reason I would like to have access to this source is to have an idea of what Dr. Bunts-Anderson expects for a final draft of each type of assignment. I believe, in regards to APA summaries, quotations, and paragraphs, I needed to practice more. I was able to provide support for my claims but I need to work more on paraphrasing than taking direct quotations. Almost all of the information learned by taking this class would be a great help with any further writing assignments. I believe in future classes I would be required to write persuasive and illustrative essays more than any other type of essay. As for my future career, it would be focused more on informative type of essays.

Many of the skills I have learned to locate information and sources throughout the course is very helpful for any future assignments. I believe with all the practice I have gotten throughout the course, I am capable of writing different types of academic essays on different types of genres. I did notice I have trouble paraphrasing information from my sources. That is one of my greatest weakness that I plan to improve in the future. Since this course is focused on APA

formatting, I learned more and more about APA as I am writing my essays. I would still have to look up the APA format just to be sure I do not make any errors. With the sufficient amount of time given to locate literature sources, I was able to analyze my literature and highlight the information that would be most important in my writing assignments and most importantly my final report. In any future assignments, providing support to claims is always important in academic writing. I believe that once I have read, analyzed, and highlight the most important information, I would be able to properly state a claim without any errors.

With the experience and knowledge I have gained from taking this course, I believe am capable of conducting another primary research in the future. I am knowledgeable of the procedures necessary before conducting a research, during, and after. I am aware of what needs to be done and what is expected of me when conducting a research project. A skill I found most important is the methodology. I believe without a proper methodology to follow, the research would not follow through in an orderly manner. I believe throughout this course my time management was is a good zone but also one of my weaknesses. There were moments when I would be behind schedule but I still managed to complete my assignment and do more research for my project. Although, I was able to bounce back I definitely need to work on this asset. I need to make a schedule for myself and follow through while only making minor changes to fit in with the rest of my other activities.

Compared to how I used to write my academic essays last semester, I believe I have greatly improved. I am more aware of how my academic essays should be formatted and written in a formal and professional manner. I know I am not capable of writing an error-free academic paper however, with all the practice I got during this course I am more knowledgeable of what is expected in writing. I do want to practice writing more persuasive essays. I feel that I am still at a beginner level when it comes to that type of essay. I am somewhat satisfied with the outcomes of my research. I was able to gather a decent amount of data given the time frame of 11 weeks. I feel I have enough time of my research but I also feel like I should have put in more time. I believe if I have went beyond what is required of me I would have more data and information that is eye-opening to audiences. Overall, I believe the data I have now is still presentable with the help of all participants involved, credible literature, and additional tools used.