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Reflection

My topic was about the stigma that surrounds diabetes, a topic that I feel strongly and passionate about. I think it was a good topic because it was relevant to the CNMI, in that the people of this community can connect and relate to in one way or another. I would work with my topic further because it has not been given the attention, recognition, and research that it deserves. I am happy with the topic I selected because through my research, I was somewhat able to spread awareness to this issue that is often avoided or just plain discarded. Being a diabetic myself, I know how it has personally felt to struggle with the stigma that surrounded diabetes, and through my research, such as the articles I found, I was happy to find that other people in my position feel the same way and that even medical professionals are able to recognize the impact that stigma has on diabetics. Through additional research, from example my survey, I had manly comments and replies that my topic opened others’ eyes to an issue that they never took the time to recognize. Being able to help and give my topic that recognition and care that it deserves, is more than rewarding to me and for that, I would not have chosen a different topic.

I think that I somewhat prefer the method that we were given, which was the several essays organized around our research project. I think that that way, all our work superseded one another which allowed us to keep our focus on one topic instead of having to each paper on a different topic. I found it to be a bit tedious, having to write similar papers over and over again, but I did find myself somewhat benefiting from them in that I was able to use and rephrase several pieces of information I’ve gathered and some statements that I had written instead of completely writing over. I think that it is most helpful to gather and review your literature sources throughout the course so that you start to understand what exactly it is you’re looking for and what you need to shape your final report together. I would say that for the most part, I am satisfied with the sources that I located, being that I did not expect to find many sources that would support my research topic. I successes that I had finding literature sources was that I actually found literature sources that focused on my research topic and even delve into more specific topics, which ultimately helped me narrow down my topic. Problems I had with finding literature sources was that the results of some conducted research regarding my topic either did not contain the information that I needed or weren’t worded in a way that was useful to me, and that most of the useful articles did not only focus solely on diabetes, but other popular chronic diseases as well. The types of sources that were most helpful to me and my project would be the literature sources which focused on stigma regarding diabetes and other chronic diseases, as well as sources that focused on the link between stigma and depression relating to diabetes. Other additional types of sources that were most helpful to me, was the feedback and responses that I had received from my surveys.

I would say that the most helpful sources were the voice notes in which our instructor broke down what was expected of us throughout the weeks and how we would go about doing it, most of the time the provided web documents would suffice, but I did appreciate being able to hear our assignments broken down for us. In learning about academic writing, I would say that the example materials proved to be the most helpful, in that I find it easier for me to learn about the required formatting and context by reading and following along examples. The sources that I found to be the least helpful would be the powerpoints, because I had a couple of problems in that I would follow the tips and formatting that the powerpoints gave, but when turning in the work I would get feedback about how those tips that I followed were not what was expected or requested, which I found confusing. Other sources that I would like to use would probably be some screen-video teaching, where the instructor would either create a video of herself teach through a recorded screen or actually record herself talking or demonstrating/explaining assignments.

I wouldn’t say that I am a complete master when it comes to APA formatting, but I would say that my skills dealing with APA have improved. I definitely think that I can use some of the essay skills I learned in this course to write other essays in the future, especially those essays where I learned to address and type out what I, as a researcher, planned to achieve through my research and essays. I think that I will definitely need to write several other research papers in future classes, being that I am a business major and will have to take up additional writing classes such as business writing, and will also utilize the writing skills I gained in this class throughout my future business career.

I think that I can use some of the skills learned in this course to find and locate information and literature sources as support because many of the skills I learned focused on being able to identify quality literature material from low-quality material. Some writing skills that I think are stronger are probably my rephrasing and in-text citation skills, I wouldn’t say that they were terribly poor from the start, but I have become a bit more comfortable and confident incorporating them into my writing. Additional writing skills that I wish to develop would be my quality of writing, as well as being more straightforward with my writing. I find that most times my writing tends to be a bit wordy and I think that over time I can learn to become a more blunt, yet insightful and clear writer. As for APA, I think that I learned a decent while in this class, but that I would need additional practice with it in order to become more confident and comfortable with using it, as well as examples in order to use it properly. I think that my writing skills will definitely skills that I will need and benefit from in the future, but in regards to APA, I’m not so sure it will be necessary.

If I was asked to do primary research in my major, I definitely think that I could do it. I learned several primary research skills, one of which is to read through and gather literary resources throughout the course of your research. I found this method to be both extremely useful, in it gives you time to gather quality resources that will benefit your research. In the future, I would like to learn an additional methodology that can possibly help speed up my writing process, as well as improve my quality of writing and incorporating research and sources into my writing.

I think that my biggest strengths in regards to the project were utilizing the time and materials that I was given, however, I would also say that my weakness was finding ways to incorporate the materials I was given and arranging a timely schedule for me to work on my assignments. As for academic writing, I would say that I have somewhat improved, not drastically, but any improvement is a great improvement. I think that I have become more confident in myself as a writer and I understand that I can achieve my full potential when I truly put my effort and time into it. As for my research outcomes, I think that I would have liked more time to work with the weekly workload, as I often found myself focusing on one work item and trying to brush my way through the rest. Ultimately, I think that time played a huge roll in a lot of my research and if I had as much time as I had wanted, both given from the course and myself, I would’ve had better outcomes. Nonetheless, I believe I did my best with what I was given and was able to portray my research rather well.