Reflection/Narrative Essay

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I enjoyed working on my topic which is “Heart Attacks in the CNMI including the U.S. It taught me all kinds of information that even I didn’t even know much about. Heart attacks are a disease that involves a lot of heartache and unresolved problems and I am glad that I got to understand it more. If I were given a chance to work with it further, I’d probably consider it because many people suffer from that and if that means helping someone who has encountered this kind of disease, I would gladly offer to help without hesitation. At times, I’ve wished I chosen a different topic but I chose heart attacks because I’ve read a lot of newspaper articles on it and almost everyone that I’ve known has gone through horrific times trying to overcome it. So, it got me thinking of the solutions to this particular problem. During the 4 course essays that were required, I would say that the persuasive essay method was my favorite because of trying to let people understand that heart attacks are no joke. Life is just temporary and taking advantage of that by doing things that are risky to developing illnesses will just lead to deaths. I enjoyed trying to make a point when it comes to health and seeing how convincing I can get when it comes to life or death.

Also, when it comes to gathering literature sources, I would say that I find online newspaper articles helpful because of all the details that are being stated to make a point. I didn’t have any struggles finding literature sources however, when it comes to searching for more information in the Commonwealth of the Northern Mariana Islands (CNMI), it was kind of time consuming. Other than that, everything went well. Anyways, academic sources were helpful as well of the gathering of books or journals from experts on heart attacks. The books that I’ve obtained to help with my research are what have got me here because of the information it holds, so yes, it is useful and relevant to my chosen topic. The American Psychological Association (APA) helped me accomplish a new writing style. I was always having a hard time trying to figure out how to write in APA format during high school because I had always written in the MLA format. I learned many things about the APA style like writing a cover page, citing in text-citations as well as end-of-text citation in the reference page, etc. Yes, I might write a few errors in the APA format but I’m glad to know more information about it.

In regards to the APA, I know that with a lot of practice on the APA style, I can write more essays with the skills it provides. I know there will be a lot of writing like expository essays, persuasive essays, reports, etc., but I will keep trying my best to comprehend the APA style. I’d like to think that I could do things the correct way because giving up is not what I do. I think I can be able to write academic essays in different genres if I learn more about it and have enough information for me to succeed. In my writing skills, I am confidently strong in my spelling and grammar. I am also good in punctuations but I think I would like to learn more about that to really feel confident. In addition, I don’t think I’ve learned enough APA formatting, but would love to develop more skills about it. I also think that when it comes to analyzing my literature and add support, it will be useful in the future so that I can let people understand what I’m talking about by giving those details and good amount of information.

That is to say, when working on my major, I really think that primary research will be important and I feel confident enough to complete it without hesitation. Because of that, I learned how to conduct interviews, surveys, observations etc. and I know that a good researcher can integrate their writing into a cohesive fashion. I, on the other hand, would love to know more about conducting surveys even though I’ve learned a few tips about it. I see myself doing all kinds of research that way I can try to conduct research without struggling. My future career will involve a lot of research and I can’t wait to see what solutions I’ll be able to find to a difficult problem. My strengths about the project were not procrastinating when something is due. I would always find myself writing in my calendars of what is due and set a date to do it beforehand, that way I won’t be lost or confused on what to do when the due date is up. I always organize my assignments. I have a calendar in my phone full of dates of assignments and I have not once missed a due date. Yes, I might have gone through wrong timings but I know what to do when it comes to turning things on time.

In addition to academic writing, I think all I want to improve more on is working on reports. I have never really understood anything about research reports until now and I admit it was a hassle. I would love to develop more skills on that. Overall, based on the research questions, I know I did everything I could to find the solution to the questions. It all turned out great and heart attacks are the number one killer in the United States. I spent excessively much time thinking on the research questions and tools I used to collect data helped me in every way possible to obtain a simple answer. I think this research project was a hassle, but at the same time, I learned many skills when it comes to writing.