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Reflection Paper

The process of choosing a topic was somewhat conflicting. My first choice was actually revolving around the topic of boxing. However, it did not work for the long run and I decided to try a topic that was related to boxing and that led me to choosing my current topic, which is regarding children suffering injuries and concussions through sports. Overall, I would say that I am impressed by how much information that I have gathered throughout my research, but I am disappointed that the topic of concussions overshadowed the injuries. Another advantage that I see about a topic like this is also the fact I have a wide range of sources, regarding the idea of concussions occurring primarily to children.

Planning out the research essay was not so easy, since we had to create other essays. Even though it was somewhat easier since it is a building process, it felt redundant. However, it was a good thing that I started getting sources ahead of time. I really have no certain preference for the order of organization works for this essay. With such a short semester that we have due to the continued delay of the previous semester, it was not easy finding sources. However, the work is doable and I was able to power through and complete the research and the paper itself.

The sources I have found range from different entities, however, I tried my best to stick with as much academic sources that I found through the numerous databases provided by the college. As of June 7th, I was able to find about 4 academic sources regarding my certain topic, however, 3 of them focused on traumatic brain injuries or TBIs. Furthermore, one common thing that nearly all of my concussion-based sources relate to is the implementation of the 2016 film starring Will Smith, “Concussion.” This comes to show that at the time of its release, the topic of concussions, especially in contact sports has been a hot topic. More so, my sources did prove to be effective, especially the interview with Dr. Jeff Bazzarian, which surprised me that a source actually replied in due time’s notice.

Overall, I feel like the information that I dug up and the media/resources that were given for the numerous surveys were done effectively and that they kept me on my feet, especially with the research paper. The research outcome seems to not be on the side that I chose, however, they present solutions to numerous questions about the idea of sports injuries and concussions. My survey also presented interesting results, however, I was expecting so much answers to be in favor of parents keeping their children in sports.