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Reflection

My topic was a good topic due to the fact that it dealt with my daily routine I had. It made things easier to do research on. I had basic knowledge about exercise and I wanted to go deeper into that topic. I wouldn't have chosen any other topic because I was really curious on how people often exercised. I wanted to know what factors that would cause people to exercise or not. I am happy with the topic I chose. It really relates to what I am passionate about.

The course essays that were organized around my research project was the best idea. It gave us practice to how to write our paper. Feedback was given for us to correct our mistakes on the spot. It allowed us to be organized with our topic research and actually get more time on doing some research. This allowed to actually know the person of what we're writing about. It also allowed us to write with passion and expression to what we wanted to surround our research topic on.

Finding these literature sources right away was best fitted for this course. I find it really useful and would apply this to any future research reports that I would encounter. It allowed me

to get enough data and actually be on track with my research. It allowed me to be one step ahead with all of my work. It also gave me time to see if it was a reliable resource or not with all the reading you will be doing. The textbook in this course will help you out for your research project. It will teach you how to write your paper, your research project, doing it in APA style, and etc.

My strengths for this project was that I already had a planned set up for this project. I already knew what I needed to do and what needed to be done. I was really on track with my surveys and what questions that would be implemented in. I was able to have my schedule planned out with meetings and interviews. I think what I need to work on is to stop procrastinating. I tend to have that habit, but I'm about to break it! Being confident is something I would need to work on with as well. I should just stand up for what I believe in and just go for it!

I feel like I improved on a lot of things. My style of writing has changed a lot. My work choices as well has made a big difference. I feel like I could do APA better than MLA and I think that APA fits the best for me. I did spend a lot of time analyzing my data because it's something that I'm really interested in and I tend to get eager with the results. I could have worked on with getting more responses with my survey and it would have helped a lot. Doc

recommended doing field notes by having a regular conversation with someone at the gym and just do formal question to get more information out there.