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Research Reflection

The topic I chose for my research paper was entitled, *“Obesity in the CNMI.”* I felt that this was a great topic to research on because it was the current situation of the CNMI, in which many people did not take seriously. However, I looked forward to the research and finding out more about obesity in the CNMI because I was also a person who lived and struggled through it. Studying more about the current situation of obesity in the CNMI clearly helped to clarify the many questions I had about the pandemic. It also made me aware about the many things that I could do to personally tackle obesity in not just my life, but in the lives of my family and friends as well.

I enjoyed the research work and process that I was required to do for my English 202 course. I learned a great deal on writing and how to go about with clarifying details and key ideas. My instructor’s feedback was constructive in ways that made me understand what was needed and expected throughout my essays. Without her feedback, I would not have understood what I did wrong or how to better improve my writing. I loved how the feedback helped me to be a more literate and cognizant student writer. The strategy and methods that my instructor used to help us become not only better writers, but better readers as well helped me to further prepare for my research paper. I finally figured out what approach she was trying to implement as she constantly kept assigning us multiple essays or outlines to turn in. It was all meant to further assist us on our final research report, in which I thought was total genius.

Nonetheless, time went by so quickly and the term ended a little too soon. I wished I had more time to improve and edit my research report and extend my research throughout the whole Pacific community. So, the question came about from this reflection, that if I could do further research into this study, would I? Yes, my answer is definitely. Doing further research on obesity in the CNMI would not only help me personally, but professionally as well. I have a passion for maintaining my body and weightlifting. Many individuals come up to me and inquire questions on how to go about with their health and longevity while maintaining strength as well. Doing this research has opened my perception and mindset of each individual person’s overall wellbeing.

I am not quite satisfied with the resources I have found or came across at public libraries, as it was very limited or repetitive. There were very few academic texts or information provided for the CNMI as oppose to the United States about obesity. I was also unable to collect or find a variety of updated data and statistics or recent studies of obesity in the CNMI. Many that I came across with were either primitive or more than a decade ago. Anyhow, the best sources that I found most relevant and not to mention convenient was through the Internet. I found many great articles and literature on obesity in the CNMI that further helped me understand the topic better. However, being acquainted with one of the elementary schools in the CNMI Public School System and helped me to gather data on Body Mass Index’s of school-aged children.

There were many sources that helped me to improve both my research study as well as my writing through my research paper. The most helpful to me was that of the graphic organizers and visual aids that my instructor provided. The course textbook also helped a lot; however, I usually prefer hands-on or visual techniques when it comes to my learning. I was grateful of the many supplementary sources such as the YouTube videos and materials that were provided as well as the hints and tips for both academic research and APA writing style. At first, it was really confusing to me and I usually had to go over and reread the material or manual to further understand it. However, I began to start understanding it and in a way started getting used to all the rules and guidelines that was expected. Nevertheless, I believe that many of the skills that I have learned can further be applied in my future courses in college and throughout my future professional career. More than likely, I think I will be required to use the same style of writing later on in life. I believe I learned a great deal on writing APA style, but I have yet to master the concept of it all.

This was the first time in my life to do a primary research in which I truly enjoyed the process and I do believe that I may have do it all over again, but probably with a different topic. I learned many types of research skills and techniques throughout this experience. I learned that there are multiple ways of gathering and collecting data and I also learned how to structure and format a research report. I think in the future, I would probably see myself doing primary research on various topics on health and education as it applies to my degree or major.

As a result of this research assignment, I believe that my views on academic writing has most definitely improved and not to mention my expanded vocabulary. However, I would like to work more on my time management and how to tackle all my expected assignments throughout all my college coursework, as it can be quite overwhelming. I am not quite satisfied with my research outcomes because I would have liked to have had more time to collect more recent data and updated statistics as opposed to the ones that I have referenced in my research report. I really wish it were easier to collect data from various agencies and groups around the CNMI; however, because of confidentiality issues and deadlines committed, it was hard for me to retrieve such needed documents. Nonetheless, if I could redo this research over and perfect it, I would have to adjust my time to be committed as well as the deadline of requesting for information from outside sources and group agencies and the various locations of administering survey and interview questions around the islands.