

Digest this Reflection

This was a great way to learn and bring everything together from what I learned from this course. This experience will help me further enhance my abilities to take evidence-based research and break it down for the general population. I learned a lot about the digestion track through my undergrad and other research I did on the topic, but I learned so much that a simple answer couldn't do it justice. I was glad I chose this because it really helped me understand this simple yet complex system and it has helped me explain this to many people since I did this project. The feedback I have for this project was the start of my abilities to break down science for people, patients and clients for both my SEL and my everyday life. The largest challenge I had throughout this project was the time, if you have followed my progress throughout this program, I have refined my timing skills in projects but since this was the beginning of the program, I couldn't decide what I should include or exclude. I think students should continue this project because it helps the students take a deep dive into the digestive tract and learn how to break it down. Something that could improve this to help the students better their public speaking and reiteration abilities, is to make the time limit around 5 minutes to allow us to make critical thinking skills to understand what we should include. While I will not be pursuing dietetics at this time, something that this helped me with was everyday life, and for whatever future career brings me and I feel that this will be a valuable asset to have. Overall, this was a one of the first big project I recorded and looking back, I think I could have improved on many aspects but I think for the start of the program it was a good beginning.