

In Processing Reflection

I took a new approach to my reflection and went back and reflected on the course work at the end of the program for a new sight on things. I think this was a great way to start a program by researching trending diets via books and use research to analyze it. Looking back, this experience gave me a jump start to my critical evidence-based thinking for the rest of the program. While researching for this book, I knew there were a lot of trending diet books, but I didn't know they came in an endless supply. This was the first recording I did, and to say the least I improved in my research and recording abilities. I think all future students should start the program by doing this but then an addition would be going back and doing the same project on the same book and see how you improved. For future students, I would recommend choosing a book of a diet that you either passionate about or absolutely against to help you critically think.

Another project that was completed was the 5 ways to cook, and I think looking back I would have chosen a more complex ingredient to expand my horizons. I do think this was a great experience for early graduate students in the program, but I think we should do the same as I discussed earlier and redo the project at the very end to see how you improved. While this project was not as complex as other projects in the other food science courses it was a great start to understand core principles. While it was a great project to start the program, I think something that could be implemented could have been adding the group aspect to it, to help students get to know each other via coursework. The most valuable lesson that I learned from looking back, was the early introduction to food science, but I took these courses in my undergrad, but these courses were far more complex and in depth.

The next project was the 7 stories, but I think this had little change on my nutrition and health related skills but actually helped me with my interviewing skills. I always had a unique ability to

public speak and tell stories but throughout this program, I learned to zero in my stories and include less rants. However, this project helps me build my ability to tell stories during my recent interviews, and most of these interviews I have had great praise in this ability, and I think the foundation of this besides the Army, was started with this project. I think all students should do this, but again because this was during in processing, if students did the same at the end of the course, it would further enhance their skills. Regardless, because this is an online program, we have students from all walks of life, it helps them build their abilities in a fun and introspective way. The last project, which was just an assignment was the code of ethics, but under this assignment you will find my complete reflection.