

The Starch Solution Project Reflection

This project was the first ever deep literature dive I have done, where I not just critically think when reading, but I took it a step further and use evidenced based research to critique a book that may have some bias. While you can see what I have done with the Starch Solution, if you are new to doing this, you could use this as some sort of guide, if you want to use this process for a book that you may want to or currently are reading. The most challenging part for me, was trying to keep my bias aside and only look at the scientific evidenced research and critically analyze the book, because we have bias but being able to know what they are is important. I have not only used this process after I completed this project for other books but also after conversations, I must completely understand the topics that were discussed. Lastly, while I was still fairly new to this program, I believe that this project was one, amongst many others that helped guide me to the end of the program.