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1. At the beginning of the year I was struggling with keeping organization and being able to work in groups in a healthy manner. I think group work can be really rocky. In my personal experience, we were never able to get into a full consensus or find a balance in whatever project we were working on. During this semester, although we were all strangers, I found that we were very compatible and we were able to work in balance and synchronicity to our project.
2. In my last academic year, I was just proud of being able to turn in my assignments and being able to be down. This semester I was able to do my work diligently and be proud of the work I turned in. I was able to be present in something and genuinely be apart of something.
3. I think the group itself was a saving grace. There may be things that probably could have gotten better, or we could have done easier. I think us being like minded and able to comfortably communicate with one another was really helpful. It was also just knowing we were all doing the same thing and in the same position.
4. This academic year was majorly affected by mental health issues and major events that occurred in my life. I was also taking care of my mother post surgery as well as holding a part time job and having a major commitment in a club. This year was filled with trial and error and finding what works.
5. The insight I gained was truly just know how to prioritize and knowing my limits. I feel like knowing when to stop is really important. I tried to do and juggle many time consuming things at once and was really hard on myself if it didn't work out. I still struggle with that, but I have found that boundaries and just knowing and being able to stop is important.
6. Communication truly is key. Whether it is with yourself or others, being able to communicate is something that is what's needed. Simply speaking solves many things.
7. For me personally, it really was my dance team. Being surrounded by people who love the same things as me and who are genuine. I've learned a lot about myself.
8. I think ultimately it was me, as I was the one going through it and doing it and making sure I was doing it. I definitely couldn't do it without encouragement and love from those who I am surrounded with.
9. I'm grateful for the opportunities I get to have. I continuously see the things I get to have and experience and think about a time where those things were a mere concept or dream. I can acknowledge this gratitude at every open door.
10. It was definitely the research writing portion. I have thing thing where I can write and it may be good, but I wasn't being as concise as I could be or straight to the point. Writing the paper allowed me to write without fluff or "grandeur".
11. I honestly don't have any stand out moments. There probably have been days where I have been happy and at ease, but I can't seem to remember them.
12. I'm just proud of finishing the semester. It has been a lot physically and mentally, and I'm really proud of the work I have done in this semester. I'm probably going to splurge on a piercing and jewelry.
13. I think being able to do what I love most without having anxiety of doing so was helpful. Dancing has become a huge outlet of mine. There have been times where I have been stressed or tired and

I would simply start making a tune or doing a choreo in my seat or in my head and being able to calm down.

1. Knowing what these are and being able to identify them were huge help. Being able to apply them and know they were being used correctly, I was able to convey exactly what I wanted. For the forward facing project, It wasn't just a group of people we would vaguely want to have interested, it affected entirely how we did and made it.
2. During our plotting for our comic book, It took a minute for us to come to a consensus and really understand what we were doing because of our chosen audience. Our chosen audience was children/young adults. We wanted key concepts and the story line to be easy to follow and understood when paired with the research paper.
3. I had a skewed and very high school version of a research paper instilled into me for many years. Learning to write and proper scientific paper based on research took a lot of unlearning to do .
4. We chose kids/young adults. Comics are beloved by all age groups. Having the dolphins and book be made in fun bright colors, as well as giving them a real story line with plot twists were really important, to keep them engaged.
5. I would assess the topic and see who or how it could be applicable to people.
6. Grouping together different articles, assessing them individually as well as seeing if they fit together and the points to each paper.
7. Having solid research was the main key to me, if you have multiple research points, you have validity to your statements.