

Senior Project Reflection Questions

1. What were your expectations when you first started to work on the paper and on the product and with mentor? Did your experiences meet those expectations? How did they differ?

-I expected the project to be difficult and a lot of work. I was scared to talk with my mentor and that it would be overwhelming. My experiences were the opposite. I really enjoyed the project as a whole. It ended up being very easy and a great experience.

2. What problems did you encounter while researching and writing your paper? What was your greatest resource in overcoming these obstacles?

-Problems I encountered was the deadlines and getting my paper done on time. My greatest resource for overcoming the problem was the computer and the library which helped me get to work.

3. What was the most interesting or surprising information you learned in your research?

How much it affects weight.

4. What did you learn about yourself during this project? How will you use what you learned throughout the rest of your life, academic or not?

I need to be proactive and keep a constant schedule. I will continue to use nutrition to combat sickness.

5. What did the project teach you about the holistic view Islam has for every aspect of our life?

It teaches me that there is an answer to everything in regards to sickness as well.

6. What would you do differently now that you have finished?

Keep a constant schedule. Be more proactive. Work harder.

7. What advice would you give to next year's seniors about how to achieve success of the senior project?

Work hard, always turn in assignments on time, and have a great time doing so.

8. What grade would you give yourself for the project? Give your justification.

B+ because of my work ethic and the fact that i'm almost done with my product.