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Professor Johnston

ENC 1102

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Class Reflection

Over the span of my ENC 1102 course, I went through the processes of writing 3 different types of papers. Before any of those began, however, we started class with the annotated bibliography. I had already done a couple of bibs in my past and knew how to format them in both APA and MLA from my previous ENC course. At the time, the class had decided on what their topics would be about, and I chose to research the anti-cancer properties of plant-based foods. The questions I asked were simple; what are the most well-known phytochemicals, what do they do, and how do they function. At the time, I didn't know much about the library and had never used the database before. Instead, I went to a medical science database called PubMed that I had used previously. All four of my sources came from here; one was an overview of different chemicals, another showed how they could be more effective with a lipid-based delivery, then one showed how some worked, and the last explained where to get them from.

Prior to the proposal assignment, I realized that if I wanted my research question to solve a problem, then I would have to change it. The anti-cancer properties of phytochemicals could either be related to a person's diet or medicine. Since I was not interested in writing about using them in a homeopathic way, I decided to stick with a plant-based diet. Unfortunately, someone else had taken up that path and I did not want to write just about including more plant foods since that would have been too similar. Instead, I looked at the issues that people would face when excluding animal products and decided to go with the benefits of switching meat with fish.

Around this time, the class went on a trip to the library to learn about using the database. This opened me up to even more resources, now that I knew how to use the database. Ultimately, I only retrieved one source from there and stuck with PubMed. My most useful source came from the nutritionist magazine Today's Dietitian. From there, the articles I found were extensive synopses on dieting trends and the science behind them.

When the proposal came around, I wanted to write about much more than just meat vs fish. I had a sections for comparing other diets, the massive variety in audience that would be addressed, and the problem with sustainability. In my final essay, most of my material was explaining what I learned about the difference in fat content and how the mercury problem was not as simply as just the amount of it. My proposal ended up being way too overreaching in subject matter, so I learned that I need to do more research to get a better grasp at just how much I would have to say for each subject next time.

For my final, I believe I made the best of what I learned in class. I remembered to include secondary and direct sources that either gave credibility to the problem I wrote about or explained how my solution fixes it. I also incorporated pathos by making the problem about public health concerns, which either they or someone they know could benefit from. Ethos was also included by making my sources come from research institutions, professionals in the realm of nutrition, and the government's official guideline creators. Logos came naturally, seeing how the effect of certain nutrients affected people in research. I kept getting frustrated with my research when I could not find direct answers to some of the things I was unsure of, which lead to me taking far too many breaks where I ignored doing it altogether. I also should have created a website anyways, since it could actually be of use if my conclusions are correct, which I believe. What I gained most out of this class was not things like formatting or research, since I knew

about it prior, but it was reassessing my writing capability after a long break. I find that with

each year, I become more anxious with writing simply because of my issue with finding exactly

what I want for my essays. But now, I have become a bit more comfortable knowing that if I just

keep at it, then I will eventually find what I am looking for.