

Reflection on My Research

First, I want to say thank you for providing the grant money. That money was a great award and helped me be able to cover the cost of most of the local travel to sights to collect data as well as it helped cover the MWACSM Regional Conference that I attended.

The SEF had a big impact on my academic career. It allowed me as an undergraduate to participate in data collection in an actual research environment. Being able to participate in this research with Dr. Emerson has been very valuable in my learning what research is like and how to go and conduct the data collection. Participating in this setting has acted further my drive to want to perform research as go further in my academic career. On this topic, as I am a graduating senior, this has shown me how to properly set up and conduct a research project, which will be crucial as I plan to apply to the graduate program at Northern Illinois University and plan to enter in to the thesis option, where a big portion of my time will spent in the research setting.

During my first time collecting I was nervous that I would do something or say something improperly. With careful guidance from Dr. Emerson, I felt comfortable and was able to perform all aspects of the data collection with confidence. In fact, Maricela Garcia and I both felt comfortable enough to return to my hometown for data collection by ourselves. That is where Maricela and I gained independent experience in data collection, social interaction with clients, a facilities manager. As well as I can confidently say that I know how to proficiently operate the handgrip dynamometer, as well as experience in asking questionnaires. The ability to confidently and properly operate equipment is key to all areas in the health/wellness and performance fields as well as critical to all areas of research.

My over arching career goal is become a professor of Kinesiology, and so having experience as mentioned in the above paragraphs is very important in developing that skill set

that is needed as I plan to perform research during my teaching career and hopefully I will be able to help give students the same type of experience that I have been given and allow them to be inspired to continue to want to expand on the scientific literature as I have been so inspired.

Also, with this research experience came the experience of going to the MWACSM Regional conference in Oak Brook IL this year. This gave me experience in meeting new and likeminded students, as well as attend some thought-provoking symposiums. I was also fortunate enough to be able to present with Maricela Garcia, on some preliminary findings. This was a superb opportunity to gain experience in presenting to the scientific community. Here is a picture from that presentation, taken by Dr Emerson Sebastiao. It is now a goal of mine, to try to present every year, whether it is an oral presentation or a poster board presentation, but I want to present every year that I am at NIU.

