

UG Research Reflection

The Student Engagement Fund has help make a difference in my academics and career in being able to support us throughout this research study. During this research study we had to go to different nursing homes, which was not a problem throughout this study. No worries about money or anything of that sort. The money that was provided to us was helpful for me to be able to pay for gas money or for the hotel we had to stay at when we went to Chicago. It gave me the chance to be able to participate and present our research study in the Mid-West American College of Sports Medicine conference. It was a great experience, to be able to present to different college students, grad students, and professors. Even getting to see other students and professors research studies, so many were interesting, and everyone was in the Kinesiology field.

We got to be with students who understood what we do, and they know how certain things work and even expanding on it. Which gave me a chance to broaden my education and initial thought process for certain things or ideas. Helping my career with gaining this experience and exposing myself to many different schools and faculty. The reports helped as well because it made sure we were on track with everything we were doing and if we needed to set new goals or complete old goals. Seeing what we completed or what is left to be completed, also, made sure we were organized with ourselves and with our mentor. Overall, it was great for the Student Engagement Fund to be able to provide us with funds every month. It does help even if it's not much funding, every little bit count.