

ENG 3402: Topics in Literature
May 19, 2021

Dear Professor Belli and Readers,

This project was very stressful along with every other research project I've ever done, it might even have been the hardest. Usually a research project can be on anything as long as I explain my main claim thoroughly but in this case I was confused up until the final draft. I wasn't aware of this before but both the abstract and presentation are sort of like summaries so I never really get to show all my research but i'm expected to prove i've done a lot of research and that is difficult. My presentation is filled with information that I feel is necessary but it is only 6-8 minutes so I can see myself on the moment of my presentation stuttering and rushing as I am trying to fit everything I need to say into the appropriate time.

The research portion was also a hassle. I had the goal of finding sources that didn't support my claim but supported bits and pieces I would use to make my claim. Also, I was, and still am, struggling with the idea of what makes my topic a self-help topic. I included sources from self-help texts and these texts were written by self-help experts and I still feel as though i'm missing something. My research question is "How to obtain physical health" and I answer that with the in depth answers on the breakdown on what physical health is and the use of self-help but in a way I still feel like i'm not answering the question as I should be and a part of me worries if that is even an appropriate question considering it sounds pretty broad.

At first my whole claim was focused around the motivation needed to obtain physical health, that became a problem when I couldn't find articles that were about motivation. I will also admit that I learned the true meaning of self-help while asking a question in class. I was always under the impression that self-help meant using yourself to help yourself, or doing things on your own to help yourself. But I learned self-help is simply about getting help for yourself and that's it, it has nothing to do with doing it alone. Once I figured this out the idea changed completely and I was now less focused with research connected to doing things alone and more connected to doing things for the self or the individual. My next presentation, my abstract and 2-3 minute presentation, was more closely related to actual self-help topics and my only personal problem was the fear that I wasn't relating my topic to "self-help" as much I needed to. Also I was told my abstract was very personal and missing the "summarization" part which made me have to re-do the entire thing. This helped because it made the presentation very straight-forward. My only issue is I believe I have so much information that my abstract may be too long.

My presentation is dealing with the same problem. I feel as though it contains so much information that it is too long but I don't know why that wouldn't be the case. This is supposed to be a research project and I tried to do as much research as possible. I am at fault here however because I was just recently aware that the presentation was supposed to be short compared to a research essay. My presentation is finished and I feel as though I may have done a few things wrong or sloppily but I do feel I have a passing presentation. With the amount of information I have I feel there is no way I ended up failing. If I did then I truly learned nothing.

Sincerely, Robby Deleon