

Ashley Emile

Jill Belli

ENG 3402

05/17/2022

Cover Letter

Dear Professor Belli and readers,

During this process of researching and developing for this Self-Help Individual Research Project I was able to familiarize myself with knowledge of self-care/mindfulness through meditation. Being enrolled in ENG 2402 has given me a clear understanding of what self-help really is, how it is important and why we must participate in such actions, it helped me with my final decision on what my research project should be about. Flashback to the beginning of the semester, I was oblivious to anything self-help related, and I even believed those self-help that claimed to change your life was a bunch of faux stories. After attending lectures and reading the books/articles assigned in class, I later was able to understand and tolerate everything self-help.

Producing a proposal that would grab the reader's attention was something I struggled with, because I thought my idea was not interesting and unrelatable. I concluded my topic being on self-care affecting college students and working professionals, because I too am I student who deals with certain situations/ risk factors that meditation can be used as a cure. As a current college student, my main goal is the future, because I am the future, and I would need as many resources and guides as possible to help me along way for. a brighter future. The idea of practicing some form of meditation has benefited many according to my research.

Working on this project has taught me to thoroughly check my sources, because it might not be true, or it might be false information being spread around. I came across a website with an article that I thought was to be accurate, but later realized it was not accurate at all, and that I was almost given fake information for my research project. This minor setback did not stop me from finding as many as 6 articles/sources related to the same topic.

During this process, I liked getting critiqued and hearing side comments on my presentation on what I should or should not add or not and knowing my classmates and I were working on the same project made me feel a little bit more comfortable. The duration spent working on this project I have been taught that mental health is important, and practicing using any form of meditation is easy and beneficial to many physical, mental, and spiritual health.