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Final Reflection & Portfolio

Final Reflection: I absolutely despised English back in highschool. I barely passed my regents and my teacher at the time just made it more complicated than it had to be. I didn't think I was a good writer because whenever I would turn in an assignment my grade did not look good and I had a hard time expressing my ideas onto paper. I never got actual feedback from my teacher, just question marks on certain paragraphs that didn't make sense to her. Now going into college that feeling has changed. I ended up in an English class that made it fun and easy to understand literature. Professor Penner is very understanding and helpful because she goes through everything in detail. Being able to express how I feel in writing has become easier for me to do.

I was able to write an educational narrative, an annotated bibliography, and write in a new genre. When reading it was important to look out for who the intended audience was, the author's purpose of writing the piece, the techniques the author uses, the way the author transitioned from one thing to another, and the type of language they used. This is what we typically look out for when reading other educational narrative as well as using it in our educational narrative. One moment I was proud of was when I mentioned in my own narrative, "I got called into the backroom one day and my boss told me 'I want to promote you to a Part-time Team Leader'... I mentioned to my boss what would be my plan with school and how I wanted to get promoted but suddenly her mind changed." This was the moment I realized that I

deserved better. I made the right choice in going to school and quitting my job a few months later after this incident. Everything I do is to make sure I get to where I want to be in life.

The things I learned while creating an annotated bibliography was being able to create citations using MLA format, use the library database for the first time, and use resources of all kinds for example a trustworthy source, peer-reviewed journal, and a multimodal (ted-talks, youtube, etc). For this project I was focusing on mental health on children during their parent's separation. Something I found really interesting in my multimodal source stated that "...parental separation is more likely to harm the mental health of children if they are aged at least seven when the split occurs." I found this to be true because children are already at the age of expressing themselves and even though they may not speak on how they feel with words their actions will show it. I wanted to bring awareness to this topic and backed it up with evidence.

Last but not least I transformed my annotated bibliography into a brochure. During this unit I learned about the different genres such as brochures, open-letters, academic posters, etc. I noticed that a brochure would be more effective in my case because it can be handed out or placed in a pile somewhere without being too much in people's faces. It was fun to do because I had to think about the colors and fonts that could grab the reader's attention, in this case the parents. A brochure like mine could be found in schools or clinics since that is where both kids and parents can be found.

Peer-review became something common in our class and was a very useful experience because sometimes it can be awkward to ask someone to read over your work but since we are all in the same class and had certain days planned for revising it made my writing improve.

Sometimes someone else will catch the mistake that you probably didn't see and if something sounds out of place your partner will let you know ways on how to improve your writing without being judgemental. If it wasn't for peer-review I wouldn't even check twice on my work.

Everyone makes mistakes in order to get to the end product you really want.

I honestly didn't expect much from this class. I thought we were going to just write meaningless papers but I learned more than I expected. This is something I will take with me for my future classes. A piece of advice I would give for students taking this class next semester is to do your work, use the resources provided to you, don't slack off because it's easy and if you need any help always talk to your professor after class or during their office hours. Be able to manage your time as well. Don't rush because everything takes time, you'll get there eventually.

Unit 1: Education vs. Work

Would you rather work a minimum wage job for the rest of your life? That's what I thought I wanted to do. You see I was enrolled one time for college during the fall '20 semester and I absolutely despised being on the computer for ALL my classes. During the first two months I was ok, I attended my classes and was on track but one day I decided to just stop. I stopped trying, didn't really pay attention to any of my classes, missed a few assignments, I even got an email from my Women Studies professor and I was told there's no way of me being able to pass the course. I didn't even care at that point so I decided to just drop out of all classes. I didn't know what to do with my life now but I decided to just work in the meantime. I applied to work for UberEats for the remaining of the year, November and December, and I got accepted. I would

wake up, layer my clothing, grab my backpack and I was out that door. You can imagine how cold it was during those two months and I was working on foot which made this experience a little worse. Now looking back at it, it wasn't even worth it going through all that for just \$250-\$300 a week.

I know I didn't want to continue working for Uber so I was on a hunt for another job until one popped up during February 2021. It was just 40 minutes away from me by bus. I went in for an interview to work as a cashier at a Kosher restaurant in Riverdale and I got hired! Finally no more working outside in the cold cold weather. First few weeks were a little hard since this was my first actual job working in the food industry and a lot of things had to be done on my part in order to close down the register correctly. School was still not on my mind during this time. I was pretty happy getting paid every Wednesday instead of being in school but I had a coworker named Yessenia who was also in the same situation about school but she told me she was planning to go back in Fall '21. In my head I wanted to do the same thing but I had to pay a balance that was leftover from when I dropped out of my previous classes. I didn't want to ask my parents to help me pay the balance because I didn't tell them I dropped out. They assumed I finished the semester of that year and I just didn't continue. I didn't want to continue thinking about school and I just kept telling myself "Just keep working, save up your money. You don't really need school." There were days at my job where I would get extremely upset because of rude customers or I would mess up on something.

Around the summer of '21 my mom had told me we were moving to Brooklyn because of personal issues and I was fine with that. I had been living in the Bronx for my first 18 years. It was time for a fresh start. So for the last week of July I took that same week off from work to

move into the new place with my mom. I still traveled from Brooklyn to the Bronx for my cashier job because I really loved all my coworkers and I was used to it. I didn't want to go through a whole new process of finding a new job but I knew eventually I would have to because my mom didn't like the fact I would get home at 11-11:30 pm every night after work. Every time she kept on telling me to look for another job I would ignore her. Until one night I realized I can't be traveling this far for work all the time, it's exhausting. I decided to look for another job. I applied almost everywhere on Indeed until a retail store finally wanted to do an interview with me.

It's already the third week of November 2021, I did the interview and got accepted! Now to put in my two weeks and start working in Hudson Yards. I started working my new job during the first week of December 2021. Now this is my first retail job and I had to actually approach the customers and get them to buy our items. It was something out of my comfort zone but I was told by my store manager that I was doing great! This was definitely one of the busiest months because of the holidays but I wasn't alone because my coworker Nicole was there to help me out. I got called into the backroom one day and my boss told me "I want to promote you to a Part-time Team Leader" I was shocked because this was only one month into me working at my job. I didn't know what to think because now I had the idea of going back to school during Spring '22 semester since I checked my CunyFirst account a few days ago and I had no remaining balance, it was cleared thanks to Biden. I told my boss to give me some time to let me think about it. Later on that day I tried to apply for classes, filled out all my required documents but it was too late for me to attend the Spring '22 semester. I mentioned to my boss what would be my plan with school and how I wanted to get promoted but suddenly her mind changed. I was

so confused and I worked my butt off proving to her I would be a perfect candidate but she would make up any excuse to tell me “I don’t think you’re ready yet... You need to learn how to do this, this, and that.” She never really bothered teaching me the things I was “missing”.

I really had it with working and being underpaid because I knew what I was capable of. I made sure I applied for the Fall ‘22 semester and had everything else I needed completed as well. After being accepted to 5 out of the 6 CUNYs I applied for I decided to attend City Tech. Not only is it affordable but it’s also close to my house and it has the major I want to study which is optics. I’ve always found it fascinating going to my annual eye appointment and seeing the equipment they used. They also know how to make you feel comfortable and that’s something I know I want to do. I want to help out those who are just like me with glasses and who have a hard time being able to see from near or far. On top of that I know I wanted to study this major because during my last semester as a senior in highschool I took an internship for optics before the pandemic came and I loved every minute of it. It is something I am very passionate about, I already have an idea of what to expect and I know it won’t be easy but it would be much worth it rather than going from job to job and not being able to be paid what you know you’re capable of.

Unit 2: U2 Reflective Annotated Bibliography

### **Introduction**

What is the influence of divorce on children and adolescents?

The reason I chose this topic is because it is important to talk to a child and check up on them during a difficult time like divorce. Not many parents think a child could get mental

and/or emotional problems during this time because they may be “too young” to understand what is happening or the feelings they may experience are just for “attention”. I have experienced my parents splitting up and it has caused me to slack off in school, I was already 16 at the time, and I still find it hard to believe they split up. I know everyone reacts differently to situations like these but I know they end up feeling upset either in the moment or later on as time goes by.

No matter what age a child is, everything will stick into their memory and it may affect them sooner or later. Children and adolescents are two different age groups and one group may experience more trauma than the other but that doesn't mean that their feelings are invalid just because of their age. In this research I expect adolescents to react worse than children during this difficult time. Adolescents may become more rebellious since they are more aware of what is happening. Children on the other hand may feel confused and may have difficulty processing what just happened between the love of their mother and father.

### **Source Entries**

*Citation #1: Espejo, Roman. Divorce and Children. Greenhaven Publishing LLC, 2015, Chapter 2, pages 24-28 . ProQuest Ebook Central*

<https://ebookcentral.proquest.com/lib/citytech-ebooks/detail.action?docID=5413215>.

*Summary:* Children (up to the age of 8) and adolescents (beginning around 9-13) may react differently in certain situations, in this case divorce. When it comes to divorce a child may seem to be dependent of their parents while an adolescent is independent. Children tend to become anxious and start to question things. They are scared to be alone. Having both parents together is a must for them. It's hard for children to process a parent's divorce since they might go from

house to house having different accommodations and always missing one parent. They may fantasize that one day their parents may end up back together. Adolescents on the other hand tend to be aggressive and worry more about themselves. If the parents failed to be together then the adolescent will only try once to get their parents back together, if that doesn't work then it just wasn't meant to be. This will make the adolescent more distant and get to the stage of independence. Adolescents tend to be more social therefore no longer needing much from their parents compared to children.

*Reflection:* I disagree with the author when they mentioned how children are still dependent of their parents while the adolescent is not. Although an adolescent is much older it doesn't mean that they will become completely independent of their parents. Worst case scenario that will only be the case if you were never close to your parents but every kid no matter what age needs both their parents. An adolescent may become distant because there's so much going on and they don't know who to talk to. Children are going to start tantrums because they are missing their second parent figure and adjusting from one household to another when their parents are co-parenting. Not only do children start asking questions but adolescents too, for example they may have to decide who they want to stay with and that's a lot of pressure for a kid.

*Quotation:* "Divorce introduces a massive change into the life of a boy or girl no matter what the age. Witnessing loss of love between parents, having parents break their marriage commitment, adjusting to going back and forth between two different households, and the daily absence of one parent while living with the other, all create a challenging new family circumstance in which to live." (page 25)



*Citation #2:* “How Divorce REALLY Impacts Kids’ Mental Health.” *Youtube*, uploaded by Shrink Tank, 29 January 2020, <https://www.youtube.com/watch?v=IcNs0BIYif8>

*Summary:* According to a study discussed in [The Guardian](#), on youtube, parental separation is more likely to harm the mental health of children if they are aged at least seven when the split occurs. Minors aged between seven and 14 at the time of the split exhibit a 16% rise in emotional problems, such as anxiety and depressive symptoms, and an 8% increase in conduct disorders. In contrast, children whose parents separate when they are between three and seven are not more likely to develop such problems either immediately or by the age of 14 than those still living with both parents. There is a panel of mental health experts discussing this and more in their segment of psychology that is called “Being Human.” The “middle school age” when something major happens to a kid has a much bigger impact rather than when they are younger. A lot of mental health problems tend to sky-rocket between the ages of 11-14.

*Reflection:* I agree with this because during the adolescent's middle school years there's just a lot going on and things are being discovered about themselves. Compared to someone who is under the age of seven they may not have a lot of thoughts. It would also depend on the lifestyle of the kid. Are they mostly with their mother or their father? Adolescents tend to become more rebellious since during this time they are hitting the stage of puberty and could use the support of their parents especially if the parents aren't paying much attention to them since they are considered too old. A lot of emotions also tend to build up if they are not being expressed to the

parents, this is where the build-up of anxiety and depression comes into the picture for the adolescent.

*Quotation:* “As a child of divorce I believe it...I didn’t really care much about the earlier divorces at all. Because I was much more aware of what was going on and the nasty dynamics that can come up with those sorts of things, I was very influenced by and impacted by the one [divorce] when I was in high school.” (0.47-1.22)

*Citation #3:* Scott, Mindy E., et al. “Postdivorce Father-Adolescent Closeness.” *Journal of Marriage and Family*, vol. 69, no. 5, 2007, pp. 1194–209, <https://doi.org/10.1111/j.1741-3737.2007.00441.x>.

*Summary:* Research indicates that closeness of the father-child bond following parental divorce is associated with better outcomes for children and adolescents. Closeness is particularly important for child well-being because divorced fathers who have such bonds with children can be more effective in monitoring, communicating with, and teaching children. Fathers, compared to mothers, are less close to adolescent offspring. 57% of adolescents reported a very close relationship with their father compared to 71% who reported being very close to their mother. Although few respondents reported low levels of closeness to either parent (indicated by ratings of somewhat, very little, or not at all), a greater proportion of offspring (17%) reported low levels of closeness to their fathers compared to mothers (10%). In all but the very lowest levels of closeness, offspring were more likely to be closer to their mothers. Parental divorce creates an immense pressure to decrease father-offspring closeness.

*Reflection:* I think the research conducted is true because I feel like dad's are only there for their child financially and not mentally. Adolescence is also the time when kids start to grow apart from their parents but it's always nice to have both parents emotionally available when you're growing up. In the research conducted it was stated that 57% of adolescents report a close relationship to their fathers while 71% report a close relationship to their mothers. That is a 14% difference. I feel like not having a father figure also makes the adolescent more independent since the presence of the one of the most important men in their life was never present when needed. When the father leaves at an earlier stage in a child's life it may not affect them as much because they always had their mother by their side and never needed the dad in the first place. The betrayal of a parent may hurt but it just makes adolescents distance themselves from the situation therefore having a negative bond with their father rather than the mother.

*Quotation:* "Obstacles to closeness created by not being in the home are likely compounded by the fact that fathers are generally less close than mothers prior to divorce" (page 12)

## **Conclusion**

Overall in this research I have found out that adolescents may experience the divorce of their parents more differently than children. Adolescents are much older therefore are more aware of what they are experiencing and feeling in the moment. Since children are younger they tend to be confused and unaware of the deeper understanding of the situation therefore not being affected as much. Something I learned was that seven to 14 year olds experience depression and/or anxiety during this tragic time which is something to take into consideration. Mental health

problems can start at any age to anybody and that is why parents need to know about this research to prevent anything that could get out of hand for their child. These children need someone to talk to and express how they feel. Something I would like to get more into is the income in which the family is at during the time of the divorce since I believe the results may change. Parents should always check up on their kids, take them out to clear their mind, or could even just make them their favorite meal. Every child should have their voice heard.

Unit 3: <https://openlab.citytech.cuny.edu/pennereng1101fa2022d308/2022/12/07/cristina-cuate-u3-writing-assignments-part-i-and-ii/>