

Lizet Medina Pavon

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Final Reflection & Portfolio

### Final Reflection

Over the course of the semester, I would say that I learned a bit more about myself as a reader and writer. Each major assignment we did in the class helped me in different ways. Before taking this course I never really paid much attention to detail or grammar in my writing. I usually would tend to just put something down and submit it. Though after taking this course I now take some time to reread my writing piece and see what things I'm missing. One of the major assignments that helped me the most was Unit 2. This was where I had to do research and really think about what I was going to write about. Learning about the database we used to find peer reviewed articles is a tool that I will definitely take with me for my upcoming classes.

In the beginning of the course we read an article "How to Read like a Writer." This article really got me to think about how I would read and grasp the information. After reading the article I learned about the different ways there is to read and retain the information. I started to use the techniques that I learned about in the article and sure enough it helped me read and understand what I was reading. Applying the techniques I learned throughout the articles we read and the techniques learned in class really improved my way of writing. This is something that I will surely use throughout my college career and my career outside of college.

Like I stated before, I do feel like I've improved as a writer even if it's the slightest change. I feel a bit more confident in how I write. Learning about the type of audience I am referring to, the tone that I'm trying to engage, and of course the genre has helped me understand how I want to write. There were many factors that I was unaware of and things that I did not use. I do wish that I would have taken a bit more time on my assignments so that I could have something better. Overall though, I do feel like I tried my best and tried to change my bad habits.

I picked out three quotes, one from each of my major assignments. This first quote was from my unit 1 assignment "Not only is it difficult to keep up with the rest of your classmates but it can also be emotionally difficult." I chose this quote because it was like the whole idea of my narrative. In my unit 1 assignment I had talked about my learning experience, not grasping the full command of a language and the difficulties I faced. Like the quote said not only was it difficult for me to keep up with others but it affected me emotionally. In this assignment I really wanted to show some emotion and try to convey it and I feel like this quote did exactly that.

For my unit 2 assignment that quote I picked was "Our generations are relying heavily on these devices to the point where it can damage us. There needs to be a change in this and I believe that it needs to start now." In this assignment I was talking about smart addiction and the

negative effects. This quote is what I was trying to convey all throughout my research. That there needs to be a change and it needs to start now. I specifically chose my topic because it could be related to anyone these days. Like it says our generation is relying on devices heavily and it might seem like a good solution but at the end of the day it's not all good.

For my third quote I chose "Another way of getting away from your smartphone could be finding a new hobby." I chose this quote because in my podcast I was trying to get people to stay away from their phones and to try other things. I listed a few things that one could do instead of being on their phones. I guess that for all my quotes I wanted to convey something to my audience. Each quote was like the central idea of my writing piece.

## Unit 1

### Road To Learning

I remember the first time that I got an actual homework sheet. On it was listed all the homework due for each day. I was in the first grade and I was doing my best to speak and read English proficiently. I had taken the homework sheet and put it away thinking that I wouldn't have to look at it until later on. Once I got home, I immediately showed my mom the homework sheet. She of course didn't understand what it said because she couldn't read in English. I had explained to her that each week we would get a homework sheet that had all the homework due for each day. I remember the look on her face like it was yesterday. She looked worried, anxious not knowing what to do or say. I also looked at her with confusion because I thought that she already knew about this. She quickly changed the look on her face and told me not to worry that she would help me with anything that I didn't understand.

That afternoon, I started to do the easiest homework which was to rewrite the spelling words three times in my notebook. I knew how to do this because we had practiced in class. Next, I had to do math, I wasn't much of a math person so I asked my mother for help. She took a look at the piece of paper and just noticed that it had problems with addition and subtraction.

She told me “this is very easy” and proceeded to teach me. Although her way of teaching me was not the same as the teacher's way, at least I got to understand some of it. Then came the reading and writing part. Each night we had to read books and then write what the book was about etc. At the time my mother spoke little to no English and even though I was born here in the U.S my mother would only talk to me in Spanish. Therefore my English wasn't the best either. I could read a few words, maybe a few sentences but there were words that I couldn't pronounce and even sentences I couldn't comprehend. I remember that for the first night of reading all I read was a kindergarten book that had little to no words, and just wrote some random things about the book.

The next day, when we got to class the teacher made us share our takeaways from the book we read. I was nervous to speak up but I knew that I at least completed the homework. That feeling of nervousness got worse and worse as each student stood up and talked about their book. Almost every kid had read “leveled” books, some even read books that were meant for second graders. Their summaries were long and filled with detail. While all that was happening I looked back at my notebook and realized I had only written about two sentences. When it was my turn I said what was on my notebook and the teacher said if that was all. I responded that my book was short and that's why my summary was short and my teacher said that it was fine. Throughout the whole day I felt like an outsider. I didn't understand how everyone else was using big words and understanding what they were reading, while I had to read a low level book because I couldn't read nor understand other high level books.

When I told my mom about the situation, she told me that we could maybe go to the library and see if anyone there could help me. I remember one afternoon we went to the library and asked if there was anyone who could help me with my homework. The librarian told us that there were in fact tutors who helped with homework. She took us to one of the tutors whose name was Ashley. I remember her being so sweet and kind to me. My mom tried to explain that I needed help with the homework and also asked if she could read to me. Of course she helped me with my homework and got me to read at least two books. Since that day my mom took me to the library Monday through Friday. I would get help with my homework and read some books to catch up to the level I was supposed to be at. The routine was the same for me and my mom, except on the days there wasn't any school. My mom would pick me up from school, she would get me something to eat and then we would head to the library.

The tutor Ashley was really helpful. She was always understanding and explained things very well. She would sometimes reward me if I read more than five books. Since I read everyday and slowly learned vocabulary it was easier for me to read on my own. Although there were some days where I didn't want to go anymore because I would spend my whole afternoon at the library. I would do my homework and then read and write. Some days would be very hard because as an eight year old I would want to play with my friends after school but I couldn't because if I did I wouldn't have anyone to help me with my homework after. I had to sacrifice a lot of things in order for me to learn and stay on level. I would have to say that my mother would have to do the same. I still remember her sitting in the library for hours waiting for me to finish my tasks. She would work in the mornings and in the afternoons she would pick me up and take me to the library. I could tell that she was tired but she never gave up.

One day, my tutor Ashley told me to read a book to my mom. I knew that my mother wouldn't fully understand but I knew she would be excited that I could finally read on my own. After I finished reading my book, my mother had a bright smile on her face and I knew that she was happy and a bit emotional. My mother couldn't speak perfect English but she always tried to thank my tutor for taking her time in teaching me. When I finally could read on my own and even read books a grade ahead I was excited and couldn't believe it. Although all of that did not happen from one day to another. It took a lot of determination and discipline. There were days of happiness but there were also gloomy days. There were days of sunshine and warmth and there were also days that were cold and cloudy. No matter the weather my mom and I would always go to the library. Also at the time my mom didn't own a car so we would walk from my school to the library which was typically a fifteen minute walk. Sometimes it would be so cold that we would have to take the bus. Being a student that has to learn English as a second language can be very difficult. Not only is it difficult in keeping up with the rest of your classmates but it can also be emotionally difficult.

## Unit 2

### **Introduction:**

As we all know, we are currently living in the 21st century. During the years technology has improved significantly. The most common thing nowadays would be the smart phone or the cell phone. According to some statistics, since 2021 about 53.8 million households have smart devices. This is just referring to households, I can't imagine going into schools, work places, etc. People all over the world have some type of device that they use day to day, the most common of course would be the cell phone. Now this might seem like a good way to communicate with each other and stay in touch but the use of cell phones comes with its negative effects. I would like to know "How has the use of cell phones impact us in a negative way?" I would like to educate others on how a cell phone addiction can impact our world in a negative way affecting our everyday lives. I became interested in this topic because as said before this is our day to day life

and what most of the world relies on. Especially its effect right after a world pandemic has occurred.

### **Source Entries:**

#### Citation #1:

Allred, Ryan J., and David Atkin. "Cell Phone Addiction, Anxiety, and Willingness to Communicate in Face-to-Face Encounters." *Communication Reports* (Pullman, Wash.), vol. 33, no. 3, 2020, pp. 95–106, <https://doi.org/10.1080/08934215.2020.1780456>.

#### Summary:

This source talks about cell phone addiction and how it has made people dislike face to face conversations. It is a study that showed how people could not maintain a relationship with others. The study showed how teens and young adults were not feeling comfortable with talking to people in person due to the fact that they have been accustomed to talking to others online via a phone. The article summed up the reasons as to why a cell phone addiction had led to anxiety and other issues that have impacted us negatively. Many of the reports were repetitive on the idea that people are used to being on a phone most of the time, that an in person interaction made many uncomfortable.

#### Reflection:

I definitely agree with this source because I have experienced it myself. I see this in everyday life, whether it'd be at school, outside, in a workplace etc, there is always a group of people on their cell phones. I myself tend to like conversations online more than in person. Especially after the pandemic, people are more connected to their phones. When I'm outside I always see everyone on their cell phone and no one really interacts with one another. I have other friends who also prefer just to talk on a video call than to meet up somewhere and talk. The use of the cell phone has brought many changes that can ultimately in this case be seen as negative. The addiction to the cell phone has made us have less and less face to face interactions. It has also brought other issues like anxiety which can be very bad for our health leading to point out my concern of the cell phone impacting us negatively.

#### Quotation:

"Similarly, because cell phone addiction is likely to lead to heightened anxiety, which in turn may reduce willingness to communicate, anxiety may be one mediating path through which phone addiction influences willingness to communicate"

#### Citation #2:

Zhan, Zehui, et al. "Cellphone Addiction During the Covid-19 Outbreak: How Online Social Anxiety and Cyber Danger Belief Mediate the Influence of Personality." *Computers in Human Behavior*, vol. 121, 2021, pp. 106790–106790, <https://doi.org/10.1016/j.chb.2021.106790>.

Summary:

This article talks about how the pandemic COVID-19 has increased an individual's reliance on smartphones. When reading this article we can see the different types of research made from addiction to a smartphone to how it has affected us socially, personality wise and much more. It also talks about how the pandemic could have caused a huge social isolation issue that has been carried on from then. This report has been conducted in China but it is said to have a correlation to other parts of the world as well. This report also touches upon the issues of cyberbullying and the dangers of having a cell addiction.

Reflection:

While reading the article I realized how much we rely on our smartphones. During the pandemic, social isolation was a major issue that has brought negative effects on us. We can now see how the addiction to our smartphones has caused us "social anxiety" and not being able to maintain a relationship outside of our technology world. I would definitely agree with this because we can all also see how after the pandemic technology was taking over in schools, workplace, etc. We now rely heavily on this technology but it is bringing us many negative effects. After the pandemic a social isolation was brought and from what I have seen has been staying with a lot of people.

Quotation:

"Previous researchers have identified problematic patterns and behaviors of smartphone use, and there has been in-depth research on the variety of harms caused by CPA, such as family conflict, decrease in sleep quality, and academic performance."

Citation #3:

TEDtalksDirector, director. *YouTube*, YouTube, 1 Aug. 2017, [www.youtube.com/watch?v=0K5OO2ybueM](http://www.youtube.com/watch?v=0K5OO2ybueM).

Summary:

This Ted Talk is mostly about how our screens are making us less and less happy. Psychologist Adam Alter has been spending about five years studying how much screen time has taken away reality for us. He talks about how spending time on our cell phones or any device can make us miserable. He also talks about other issues that our screens have caused us. Overall showing us the negative effects of screens.

### Reflection:

Looking at this Ted Talk, I can most certainly agree with it. Screens have taken so much time away from us and reality. We no longer have face to face conversations all the time. We all are usually glued to our phones and other devices that we don't see the effects that it is causing us. Like I said before I have experienced this with my family members and friends. I myself do these things because it is seen as a "normal" thing to do. When in reality all we are doing is harming ourselves.

### Conclusion:

For my research, I wanted to focus on the negative effects that smartphone/cellphone use has caused us. I did some research based on social interactions as well as other issues. What I learned from this research is that although technology has helped us communicate and stay in touch day and day, it has also impacted the way we live. More people have access to a phone and therefore more and more people gain an addiction to it. We can even see how young children are being taught through a mobile device. The time we are spending on our phones and other devices can be as much as a daily job of eight hours or more. It has taken away our social interactions and brought other issues like anxiety and cyberbullying as well. What surprised me the most is that although people know this is happening, not much takes into consideration what we can do to prevent more damage from occurring. I have learned that using our smart phones or devices can be helpful in some situations, it's better to have a time limit and not exceed our use of it. The audience that I would like to target are teenagers, young adults, and even young children. Our generations are relying heavily on these devices to the point where it can damage us. There needs to be a change in this and I believe that it needs to start now.

### Unit 3:

<https://openlab.citytech.cuny.edu/pennereng1101fa2022d438/2022/12/07/lizet-medina-u3-writing-assignment-parts-i-and-ii/>

