**Submitted by: Tasnia Hossain in lieu of Final Exam, ENG 1121**

**Section #: E115**

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My Journey

Dear Professor,

My aim is to become a project manager and I’m trying my best to learn everything about it. This semester has been the hardest one so far. One of my classes (Surveying 1) is in the morning at 8 AM and this class most of the time is outside. Because of the season, I don’t think it was a good idea to take this class. I faced physical problems related to the temperature as the lab classes were held outdoors. Besides that, I had lots of projects and homework of other classes. Sometimes I needed help badly so that time I need to ask my friend JB to help me out.

I thought my major classes were hard, but I was proven to be wrong. I am struggling with understanding ENG 1121. As English is a subject at which I’m still improving, even at the end of the semester I was finding if extremely difficult to put the last homework into order.

In this class, we had 4 units. In the first unit, I wrote about “Fear and Cure” which was about my mom who I want to be with for my whole life. It was hard to express the feeling while writing. I was tasked with writing an essay on freedom. I chose to write on the war between Bangladesh and Pakistan which started on March 25, 1971 and ended in December 16, 1971. My brother then told me that freedom is not always about a sovereign state. He told me that freedom can also be about mental growth of a person. He gave me a couple of passages to read. For the first time I understood that anything can be a pathway to freedom whether it’s through learning, writing or even through a war. I can definitely now say that the freedom is first earned by conquering fear.

For unit two, I did some readings on genres which I liked. The professor asked us to select a skill what we always love to do. It was a great way to analyze a hobby. Anything can be changed into a new form. I chose cooking as my genre. I selected a recipe and then I made a spreadsheet reflecting on the cost to cook Chicken Tikka Masala. I used my dad’s work as an example to create a spreadsheet on cooking cost.

On the third unit, we did some research about what is our argument/problem from our last unit? My main problem is using the right amount of the ingredients. The amount of ingredients differs for even the same dish because of dietary and health reason. Due to personal reasons I did a small study on ketogenic Diet. This study helped me find a new way to diet for myself as well. Ketogenic means less in sugar. It is useful in healthy diet; a ketogenic diet is the one having high fat and low carb content. The high fat content increases ketone content in body and use it for energy.

For unit 4, we were asked for video or technical skill and it had to be on our genre topic. Its Ramadan time and I thought I’m going to cook Sana Baji (Chickpea fry with diced onion and green or red spice pepper) and show it to everyone, how I do it. Usually during Ramadan, it’s a traditional food.

Thanks to all of my professors, they helped me a lot this semester. Now I’m waiting for my grades. I hope I did great.

Sincerely,

Tasnia Hossain

**Unit 1**

*One of the segments of unit one that was a challenge to me was writing about my fear. I usually do not speak about what I fear. I don’t want to look vulnerable nor do I want to expose those who I care about. Finding the strength to talk about losing my mother was hard for me. I found the strength by looking for independence from fear. I’m by nature a rebel and that is why I wrote the essay “Freedom through Rebel”. Although I found the courage to write about my mother, I did not know what to call it. Through my essay I realized that by fighting against one’s own deepest fear and vulnerability to build confidence and by being determined to achieve the goal of excellence can one truly conquer insecurities to be able to speak freely.*

Constraint Writing

Fear and Cure

My greatest fear is probably losing my biggest supporter and best friend – my mother. With the baggage of aging I see my mother growing older with the passage of every day. According to my religion, paradise lies under the feet of a mother and a mother should be loved three times more than a father. Today I am the person that I am is because of my mother. She did not attend school beyond high school in Bangladesh. While she can comprehend English, she has a hard time speaking it. There are many subjects that she does not understand academically. However, she stays up all night with me while I study. She is always ready with snacks, milk and coffee in case I become tired while studying. Although she does not know how to help me with my homework, she always reminds me to study in the name of the Lord that created me. She is my inspiration and my role model. The idea pf her not being there forever one day frightens me the most.

People often have fear an itemized version of fear. What I described in the beginning is the itemized version of my fear. To find a cure to fear, one must understand that the item itself is a form of fear and what one is afraid of is fear itself. In my case, my form of fear is the loss of a loved one. The cure to this fear is by understanding that loved ones never leave truly. They leave behind a legacy that will act upon us forever. To have a strong and impactful legacy, memories must be created. That is why I find cure in the solace of spending as much as time as possible with my mother

Freedom through Rebel

The concept of freedom can be contradictory according to the Alexander Hamilton play. However, freedom is not a matter of living in free country. It’s a matter of being able to live in a just society without the notion of being judged for being different. Of course, public sentiments should be taken into account before saying or doing something that is different. This freedom of not hurting public sentiment is a process of long struggle and education. One must learn not only oneself, but also learn the society around him or her to be able to be accepted and be accepting. Only then can one have a just society where true freedom exists.

Frederick Douglas drew the image of himself - brave determines black enslaved rebel on a beautiful yet simple state in his “Learning to Read” passage. He wrote, “If I was in a separate room any considerable length of time, I was sure to be suspected of having a book and was at once called to give an account of myself. All this, however, was too late. The first step had been taken. Mistress, in teaching me the alphabet, had given me the inch and no precaution could prevent me from taking the ell (Frederick, 1845)”. The author became friends with white children in shipyards who would sympathize with him, give him hope and sometimes in return of bread they would give him “more valuable bread of knowledge”. He would carry his books with him and quickly finish his tasks to study for a while, and when he would be left home to take care of the house, he’d learn how to read by studying the books and notes of the young Master Thomas, who was the sin of the authors’ owner. The author rebelled against oppression by using his very tender but extremely advanced wit to firstly overcome his fear of getting caught always finishing tasks given to him by his Master. He would not trust anyone, nor would he talk about personal feeling with anyone but the white friends he made during the time he worked on his errands. He made friends wisely as well. He knew that his friends wouldn’t talk to anyone about befriending a black slave, because that would simply bring an uncomfortable situation upon themselves. The author simply wanted to learn, but he didn’t go to the extent of killing his Master like other slaves of that time. He maintained his limit, yet he was determined. In his case, going to the extent of finding freedom by being a rebel was the extent of healthy determination.

Gloria Anazdúa, in her article “How to Tame a Wild Tongue” describes that she was sent to the corner of the classroom for “talking back”, when actually she was just speaking in her own language. She was told, “if you want to be American, speak American. If you don’t like it, go back to Mexico where you belong (Anazdúa, 1987)”. It is actually sad that even today many children and adults all over the country are being told to either speak “American” – a language that doesn’t even exist or leave the country. The writer couldn’t practice her rights of speaking English in Mexico, nor could she practice her rights of speaking Spanish in the United States. She had to be ashamed of her own language, Chicano Spanish because it was something of the mixed sort, derived from English and Spanish. However, the writer eventually found her identity-based freedom by realizing that her language and culture are what makes her an individual. She had to rebel against herself to blossom as a proud Chicana. She had to be patient internally to come out and identify herself as what she truly is so that she can practice her rights properly. A similar language oppression occurred in Bangladesh in the early 1950’s at a larger scale. Bangladeshis believe that their mother tongue, Bengali, is their identity and that faith is the reason why a country named Bangladesh exists, where people speak their own ethnic language. Suffering from not knowing the answers to ethnicity and race-based questions can be awfully confusing. One can become imprisoned by one oneself within the social stigma. Through self-recognition and understanding human rights, one can rebel against the social stigma to gain freedom from one’s own mind.

In 1952 when leaders of West Pakistan wanted to force Urdu on the Bengali speaking East Pakistan, the students of Dhaka University revolted. They laid down their lives so that they could speak in their language. This language movement gave birth to the independence of East Pakistan. When Sheikh Mujibur Rahman of East Pakistan won the general election of Pakistan in 1970, Zulfikar Ali Bhutto of West Pakistan refused to hand over the power to Sheikh Mujib. This became a national crisis and on the night of March 25th, 1971, under the command of Yahyah Khan, Pakistani armed forces carried out a massacre in Dhaka, and after midnight Sheikh Mujib was jailed. Previously, on 7th March, 1971, Sheikh Mujib indirectly declared independence of East Pakistan from West Pakistan. On March 26th, 1971, Major Ziaur Rahman declared official independence from Shwadhin Bangla Betar Kendra on the behalf of the Great Leader Sheikh Mujibur Rahman, also known as the father of the nation of Bangladesh. After that, a war broke out, and continued for 9 months against the Pakistani army with the help of the Indian army until December 16th, 1971 when the Pakistani army surrendered to General Aurora of the Indian army. Three million people sacrificed their lives and countless women were raped during the war just to give birth to Bangladesh. New Statement reported, “If blood is the price of a people’s right to independence, Bangladesh has overpaid.” (Bangladesh Genocide Archive, 2012). The example of independence of Bangladesh shows to what extent people can go to in order to rebel against oppression. People of Bangladesh broke the limit and went beyond any limit if any limit did exist. But such extreme revolutions will always come with a price and Bangladesh paid the price of blood and rape.

Freedom has always been a golden egg. Mankind has been in search of freedom from the very beginning. The movement of gaining freedom always started with small ideas by people who were thought to be out of their minds. But in the end freedom was always won with determination, strong faith and with the courage of a rebel against established ideologies. Freedom is not just an idea that promotes the demolition of outside influence. Freedom is the idea of acceptance, compassion and sound knowledge to embrace difference and diversity as what makes a society more united. To me freedom is unity and acceptance.

**Unit 2**

*Understanding cost management was not something I worried about until I realized that cost management in construction is a long-term process that deals with fluctuating prices. A successful project manager should have the ability to foresee these changes in the market to estimate and analyze the structure of the cost of the project. A problem that I faced during this unit was how to relate cooking chicken tikka masala with a construction project worth nearly $1.3 million. I realized that price fluctuation is relevant only when the project has a duration of more than a year. Cooking is a daily task and it is not necessary to be worried about price fluctuations for a small dish unless I was budgeting a months’ worth of food.*

My Skill: Cooking

Example: Estimating Spreadsheet (Bid)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | DESCRIPTION | Qty | Units | Unit Price | Price Total |
| DIV 1 - GENERAL REQUIREMENTS | | | | | |
|  | Allowances ($72,000.00) | 1 | LS |  |  |
| Guarantees & Warranties | 1 | LS | $13,000.00 | $ 13,000.00 |
| Bonds (2.5%) | 1 | LS | $40,000.00 | $ 40,000.00 |
| Project Supervision | 24 | MO | $ 3,000.00 | $ 72,000.00 |
| Permit & Fees | 1 | LS | $ 3,000.00 | $ 3,000.00 |
| Temporary Toilet (6Mx$600.00) | 6 | Mo | $ 600.00 | $ 3,600.00 |
| Temporary Fence | 1 | LS | $ 3,500.00 | $ 3,500.00 |
| 8' wide sidewalk bridge (including 3 months rent) | 80 | FT | $ 140.00 | $ 11,200.00 |
| Sidewalk bridge rent (5%/MO) | 6 | MO | $ 560.00 | $ 3,360.00 |
| Pipe scaffolding (including 1 month rent) | ##### | SF | $ 5.00 | $ 90,000.00 |
| Pipe scaffolding rent | 6 | MO | $ 4,500.00 | $ 27,000.00 |
| Engineering | 1 | LS | $ 5,000.00 | $ 5,000.00 |
| Miscellaneous site protection | 1 | LS | $ 7,000.00 | $ 7,000.00 |
| Final Cleanup | 1 | LS | $ 5,000.00 | $ 5,000.00 |
| Any missing item | 1 | LS | $10,000.00 | $ 10,000.00 |
|  | Closing | 1 | LS | $ 3,000.00 | $ 3,000.00 |
|  |  |  |  |  |  |
| DIVISION 02 - ASBESTOS & LEAD ABATEMENT | | | | | |
|  | SUB PRICE (ATCO) | 1 | LS | $ 94,000.00 | $ 94,000.00 |
| DIVISION 03 - CONCRETE | | | | | |
|  | SKYLIGHT INFILL | 32 | SQ FT | $ 200.00 | $ 6,400.00 |
|  | PATCH TO CONCRETE SLAB AT ROOF DRAIN | 8 | EA | $ 375.00 | $ 3,000.00 |
| DIVISION 04 - MASONRY | | | | | |
|  | CUTOUT MORTAR JOINTS AT EACH SIDE OF EXIST CRACK & PROVIDE JOINT REINFORCEMENT. R/P REPLACEMENT UNIT AT CRACKED BRICK & REPOINT | 175 | FT | $ 125.00 | $ 21,875.00 |
|  | THREE COURSE OF BRICK POINTING AT EXTERIOR FACE OF PARAPET | 2,750 | FT | $ 20.00 | $ 55,000.00 |
|  | Three course brick pointing at interior face of parapet | 3,750 | FT | $ 20.00 | $ 75,000.00 |
|  | CONTROL JOINT IN INSIDE WYTHE OF BRICK PARAPET - PROVIDE RESTORATION ANHOR ALONG EACH SIDE OF JOINT, SAwcut joint and provide backer rod and type 1 sealant | 100 | FT | $ 125.00 | $ 12,500.00 |
|  | REMOVE & RECONSTRUCT PARAPET WITH 6" BACKUP CMU, 4" BRICK REPLACEMENT UNITS, EXP JOINT. | 490 | SQ FT | $ 140.00 | $ 68,600.00 |
|  | REINSTALL COPING STONE OVER THROUGH WALL FLASHING | 125 | FT | $ 145.00 | $ 18,125.00 |
|  | COPING STONE JOINTS - DEEP REPOINT AND PROVIDE BACKER ROD AND TYPE 1 SEALANT WITH WEATHER CAP | 180 | FT | $ 20.00 | $ 3,600.00 |
| DIVISION 05 - METALS | | | | | |
|  | S2 - REPLACE STAIR CASE | 10 | SQ FT | $ 450.00 | $ 4,324.50 |
|  | S3 - STEEL LADDER | 1 | EA | $ 2,000.00 | $ 2,000.00 |
| DIVISION 06 - WOOD, PLASTICS, AND PROTECTION | | | | | |
|  | WOOD NAILERS AND BLOCKING | 1 |  | $ 6,000.00 | $ 6,000.00 |
| DIVISION 07 - THERMAL AND MOISTURE PROTECTION | | | | | |
|  | R1 - 90MM EPDM, INSULATIVE COVER BOARD (1/2"), INSULATION R30 & VAPOR BARRIER IN PRIMER\_ADHESIVE | 12,400 | SQ FT | $ 22.00 | $ 272,800.00 |
|  | DUNNAGE TO BE REMOVED AND RESET | 1 |  | $ 20,000.00 | $ 20,000.00 |
|  | R3 - FLASHING AT EXIST VENT PIPE | 4 | EA | $ 150.00 | $ 600.00 |
|  | R4 - PITCH POCKET AT EXIST VENT PIPE | 13 | EA | $ 250.00 | $ 3,250.00 |
|  | R5 - FLASHING AT EXIST MECHANICAL DUCT PENETRATION | 10 | EA | $ 175.00 | $ 1,750.00 |
|  | R6 - FLASHING AT EXIST ELECTRICAL DUCT PENETRATION | 15 | EA | $ 125.00 | $ 1,875.00 |
|  | SS FLASHING & COUNTER FLASHING AT HIGH LIMESTONE CORNICE | 307 | FT | $ 115.00 | $ 35,248.65 |
|  | SS COUNTER FLASHING, REGLET INTO JOINT | 428 | FT | $ 45.00 | $ 19,261.80 |
|  | RTE DUNNAGE - 3/4" PLY WOOD, 1/2" INSULATIVE BOARD, EPDM 5' WIDE | 86 | FT | $ 100.00 | $ 8,649.00 |
|  | SS GRAVEL STOP AT ROOF LEVEL CHANGE | 70 | FT | $ 45.00 | $ 3,130.20 |
| DIVISION 09 - FINISHES | | | | | |
|  | PATCH FOR RD | 800 | SF | $ 20.00 | $ 16,000.00 |
|  | PAINT | 800 | SF | $ 5.00 | $ 4,000.00 |
|  | GB WALL WORK FOR RD | 8 | EA | $ 150.00 | $ 1,200.00 |
| DIVISION 22 - PLUMBING | | | | | |
|  | R2 - REMOVE EXIST RD & REPLACE WITH NEW INCL ALL ACCESSORIES | 8 | EA | $ 2,200.00 | $ 17,600.00 |
| DIVISION 23 - MECHANICAL | | | | | |
|  | DISCONNECT EXIST. EXHAUST FAN & SALVAGE FOR RE-INSTALLATION, 4" EXTENSION OF METAL DUCTWORK TO ACCOMMODATE THE RISE IN HEIGHT | 1 | LS | $ 20,000.00 | $ 20,000.00 |
| DIVISION 26 - ELECTRICAL | | | | | |
|  | BASIC ELECTRICAL WORKS | 1 | LS | $ 20,000.00 | $ 20,000.00 |
|  |  |  |  |  |  |
|  | Total for Miscellaneous Items |  |  |  | $ 1,112,449.15 |
|  | Profit 20% |  |  |  | $ 278,112.29 |
|  | Total Bid Price |  |  |  | $ 1,390,561.44 |

Analysis

1. What is estimating spreadsheet (Bid)? => The project consists of different types of activities as well as materials. The data is arranged in rows and columns an order that’s electronic form called a spreadsheet.
2. Who wrote it/the speaker? => It is usually written by the estimator. So, an estimator is a person who breaks down a construction project by materials being used in the project to develop activities involved in the project and a project manager is a personal in construction who leads the progress of construction project by supervising labor production rates so that they finish every task within the desired time and budget. Also responsible for management of purchase of materials within the desired cost but the subcontractors and the prime contractors' proposal management team is also responsible for writing their portion of the work involved in the bid.
3. The audience? => Its audience is the owning entity of the construction project.
4. The kind of community that is invested in or impacted by this writing? => The community involved in the process are the owner, prime contractor, subcontractors, material and equipment suppliers, union or nonunion labors, architectural design firm, structural design firm, and testing laboratories.

My Writing

Recipe Spreadsheet

(Chicken Tikka Masala)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ingredients | Qty | Units | Units Price | Total Price |
| Chicken Marinade: | | | | |
| Plain Yogurt | 1 | oz | $1.00 | $1.00 |
| Lemon Juice | 1/2 | tsp | $0.64 | $0.32 |
| Garlic | 3 | cloves | $0.08 | $0.24 |
| Ginger | 1 | tbsp | $0.11 | $0.11 |
| Garam Masala | 1 | tbsp | $0.45 | $0.45 |
| Salt | 1/2 | tsp | $0.04 | $0.02 |
| Boneless Skinless Chicken | 2 | lbs | $2.89 | $5.78 |
| Sauce: | | | | |
| Vegetable/Canola oil | 2 | tbsp | $0.02 | $0.04 |
| Butter | 2 | tbsp | $0.04 | $0.08 |
| Onions (Diced) | 2 |  | $0.52 | $1.04 |
| Tomato Sauce | 16 | oz | $0.06 | $1.00 |
| Heavy Cream | 8 | oz | $0.13 | $1.04 |
| Turmeric Powder | 1/2 | tsp | $0.10 | $0.05 |
| Ground Red Chili Powder | 1 | tsp | $0.10 | $0.10 |
|  |  | Total |  | $11.27 |
|  |  | Profit | 20% | 1.54 |
|  |  | Total Bid Price |  | $12.72 |

**Unit 3**

*I chose cooking because I believed it to be an easy topic. It’s only when I started to work on my homework is that I realized that cooking is not always easy. It’s not an easily skilled because there are people who are used to a certain dieting system, heat, spice etc. I come from a family that can tolerate high level of spice in food. Nowadays I am struggling with maintaining a healthy nutrition. I want to be able to work tirelessly and retain my energy throughout the day. That is why I wrote about Ketogenic Diet. During my research on this, I realized that if I can force my body to use fat to produce energy by in taking less about of food with carbohydrates, I will be able to lose weight and be energized all day.*

Inquiry

My general area of study is cooking.

1. After doing some preliminary research, I am able to note below at least one argument / discussion / problem that surrounds my area of study:

* Remembering the amount of the products.
* Ketogenic Diet (Sugar or salt)

1. The people or community of people most affected by this problem are…

* Costumer
* Family member

1. Here are some key terms or phrases particularly associated with this issue:

* Quantity
* Salt and sweet

1. Here are the sources I have used so far to read about and otherwise learn about this issue.

* [https://www.budgetbytes.com](https://www.budgetbytes.com/)
* Google

Research

I was analyzing the latest trends in the food industry and came across a segment of people, raving about Keto or Ketogenic (salt, sugar, spices) Diet for weight loss as well as weight management. I want to research about it. Ketogenic means that dominates in ketone it means less in sugar or salt or spices. It is useful in healthy diet; a ketogenic diet is the one having high fat and low carb content. The high fat content increases ketone content in body and use it for energy. Ketosis is a natural metabolic state in body mainly this diet involves reducing carbohydrates intake by replacing it with fat. This reduction causes decrease in blood sugar level along with insulin level, resulting health benefits. The diet that has high ketone content is called ketogenic diet.

the ketogenic diet not only affects obesity but also has beneficial effects on diabetes. The ketogenic diet can help you lose excess fat, which is closely linked to type 2 diabetes, prediabetes and metabolic syndrome. People with type 2 diabetes can be able to stop using all diabetes medications. This is an important benefit when considering the link between weight and type 2 diabetes. The ketogenic diet can improve risk factors like body fat, HDL cholesterol levels, blood pressure and blood sugar.

A keto diet basically is a very low carbohydrate-based diet, in which the body intake of carbs is quite low. The objective is to make the body work for producing energy, by burning fat into ketones. The rate of fat burning gets substantially raised and hunger as well as cravings of the individual get into control. Various people claim to have lost 5-7 KGs by following a keto diet for 10 days.

A ketogenic diet can be great for people who are overweight, diabetic or looking to improve their metabolic health. It may be less suitable for elite athletes or those wishing to add large amounts of muscle or weight. And, as with any diet, it will only work if you are consistent and stick with it in the long term. That being said, few things are as well proven in nutrition as the powerful health and weight loss benefits of a ketogenic diet.

**Unit 4**

*Chickpea fry is a dish that is traditional for Bangladeshi families during Ramadan. The best thing about chickpea is that not only is it low in carbs, but also it has a good amount of protein to offer. However, Bangladeshi cooking is not always the healthiest because of the amount of spice that is added to the dish. During Ramadan, that is a problem my family as whole faces. My brother is a fitness enthusiast. He likes minimal amount of spice so that he does not upset his stomach. My father is a diabetic patient. He likes to have no spice at all. My mother just wants her food to be as spicy as possible. I, on the other hand, want to eat healthy but I do not want to miss out on the deliciousness either. When I was cooking this dish, I had to be aware of the preference of what my family members like and the ingredients were added based on their preferences.*

Click the link to watch the video: <https://www.dropbox.com/s/69y4j4zezg698li/video-output-D78C7284-45C1-4BB0-B5B0-964AACB00168.MOV?dl=0>