

Karla Mendez
Career 122
Professor Burns
5/17/05

Final Project:
Self Reflection

Coming into this learning community I was optimistic and positive knowing that I was going into a class where I had a previous good experience with the math instructor. However, I was very unsure about the CRER 122 part of the community. Taking the class before, my experience was that of working out of a workbook. The workbook seemed ineffective and monotonous. I am now pleased to say that my view of the CRER 122 course has changed significantly. I believe I have learned invaluable techniques and ideas that I could use not only in math, but also in my other college courses.

One of the very first lectures of the course was in reference to the SQ4R technique. Surveying, Questioning, Reading, Reflecting, Reciting, and Reviewing truly does help grasp the project ahead. This is a good way for me to figure out what I need to get done first, and how I need to do it. The technique is useful all the way through the project in that I see myself constantly doing it until the time I am finished. SQ4R has been very useful during math tests because it has helped me stop and go at a steady pace. Instead of rushing through a problem, I look at it, think of how I am going to do it, and ask myself what steps I need to take before I do it. After doing the problem I review and reflect, which helps me significantly. I find myself making simple mistakes during tests; those which I would have not caught had I not reviewed the problem.

A new word in my vocabulary is Metacognition. Thinking of my own about my own thinking seemed a little strange at first, but it really does make sense to know the way I think and to understand how I learn and how I don't learn. That's a very useful skill to have, especially when I am going to school five days a week and am consistently learning new ideas. The time when I most see metacognition is when I am taking notes. In my notes I ask myself questions, write references to look at later, and draw images. Those three things help me better understand what I am learning. Metacognition is a skill I think a lot of people have without even realizing it.

After taking the Myers-Briggs Type Indicator I learned more about metacognition; about the way I think about my own thinking and learning. The results of the survey explained my type of thinking. Moreover it gave me a good idea of how I am at my

best, and the areas I need to work on. When I got the results of the survey back, and the summary of the INFJ type that I am I thought it was accurate about the way I think and view things. I also took it a step further and asked those closest to me if it was accurate; for the most part, they agreed. I thought the most valuable part of the summary was that it reassured me about how I do not express myself outwardly. I would probably get more out of some of my classes if I asked more questions. Part of my problem is anxiety that is treated with medication and another part of it is me just not verbally expressing myself like I should. I really liked the survey, but it left me with a lot of questions of what I need to do to fix the areas I need to work on. I would have liked some solutions or examples of how to work on areas that have a potential for growth.

The day my classmates and I wrote down all the things we do in a week and how many hours we had to do them amazed me. I had never written down how many things go on in my life at the same time and how little time I have to do them. I very much liked the assignment of making a study plan in this course. The study plan and scheduling of my time has helped me prioritize what I need to get done. Setting aside specific times to do things helps stop the urge to procrastinate, which would consequently make me fall behind. I am the kind of person who enjoys organization, structure, and stability in my life. In order to have that those things, I plan ahead. I try to make schedules and goals ahead of time so I could avoid getting distracted and not achieving whatever goal I am working toward. I knew that things were not going good in math at the time we made the study plan; I wasn't working very well toward my goal of passing the course. The assignment seemed to come at the perfect time for me. It came before I fell behind and spiraled out of my control. To be honest I haven't followed I my study plan word for word, but I have used it as a guide for all of my classes this semester. I also plan on making a study plan for future semesters to keep me on the right track.

In Summary, I know that MATH is not my best subject, but I believe that this learning community has helped my chances of passing the course. Also, the more hard work one puts into a course is going to make the chances of the outcome be good. In my experience the instructor also has a large part to do with how well or not well I do in a class. For me, instructors do not have to be easy; all they have to do is be passionate about teaching, some what care about their students, and be approachable. I have noticed that when I see that an instructor doesn't have those three qualities, I loose interest in the course. I see myself putting extra effort into courses where the instructor does the same. I could pass a course without a good instructor, but it's more enjoyable to go to class week after week, day after day, when the instructor enjoys their job. This

semester has been very good in that all of my instructors take pleasure in their work, and it's been a pleasure going to class every day. Although I may not be getting A's in all of my classes, I have put the extra effort in each and every class making the outcome of my classes more agreeable.