**Reflections**

**Dareen Al-Farah’s Reflection**

Throughout this project, I have gained more knowledge about eating disorders and how serious they are. I’m grateful for the opportunity to talk about a subject this important and complex and develop my time management, social, and writing skills, as well as my ability to collaborate with people besides my friends.

**Sama Kaawash’s Reflection**

During this project, I have learned about a sensitive topic which is Eating Disorders and their various forms, learning more about this topic has expanded my knowledge and perspective of certain things, including that I have improved my team skills as well as my time management skills.

**Laya Nowwara’s Reflection**

In this project, I was educated on the sensitive and serious topic of eating disorders and it made me realize how dangerous, deathly and common this disorder really is, and how important it is to spread awareness about it to teenagers. I also developed my communication skills as I finally know when to use the appropriate terminology as well as express my opinions in a respectively calm way. It also made me realize the number of research methods available and the huge impact this had on my research and evaluation skills when I did a professional in-person interview instead of depending on websites. Finally, learning how my presentation design and methods should differ according to the audience will forever benefit me in future projects.

**Laith Al-Naber’s Reflection**

I learned a lot from this project, for example, I learned how to work better as a team, crosscheck our resources, how to analyze data, and the methodologies of research. I learned a lot from this project about eating disorders, their symptoms, and the different types of eating disorders. This project has made me eat healthier and not lose track of who I am because I do not want to have a bad relationship with food.