Reflection Sheet

In this project, I learned how to research and organize the information in a chronological order. I also comprehended the concept of a course of action, and together with my partner, we carefully planned every detail, including the design, the sequence of things, and the content, in order to find a solution for obesity. Through this project, I developed a variety of skills, including designing PowerPoint presentations, coloring and drawing. I discovered that my strength in partner communication balanced my weakness in time management. I learned more about my partner through this project, and as a result, we became closer friends. Finally, I learned more about the causes that contribute to obesity and the impact it has on both health and society. Working on this project was enjoyable for me, and my partner was very helpful, intelligent, and talented.