Reflection for the obesity project

**Odeh Dababneh**

when we started with the project, we encountered some difficulties because we still didn’t know fully what we had to do, but after a while as a group we figured out everything and divided the roles equally on everyone.

Odeh: my role was that I do the flyer with Jad Tarazi, we found it difficult at first because this requires creativity and drawing skills which we both are not very good at, but we figured it out by finding easy but meaningful little drawings that helped us a lot with this problem.

Moreover, Jad and I did the English PowerPoint with the help of our teammates which were the best at finding solutions when we found some difficulties.

What I learned: I learned a lot while doing this project.

It made me realize that sometimes people need help even if they feel that the thing they are doing can be done alone or even if they are the best at doing it, and it even reminded me how much teamwork is important for us now and how important it will be for us in the future.

Jad Tarazi: Jad was an excellent teammate even though he wasn’t with us at first because he was in Dubai.

But when he came back, he was a great addition to the group.

He helped me a lot in the business flyer and did most of the researching in the English PowerPoint and he did the design.

Adeeb Alamat: our leader Adeeb was the best at dealing with problems. He did the physics part, which is one of the hardest tasks, and he helped us a lot while doing the other tasks.

He also did the ICT excel sheet with our help and he did great as a leader.

Ameer al oudat: Ameer did the math task and he participated a lot with the other tasks.

He researched, designed, and he even helped with some of the physics simulations.