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December 1st, 2015
CCT-601-02
Arthur Millman

Reflective Practice Portfolio

Synthesis of views of ideas about Critical Thinking that I found Most Important

How must we learn effectively? Do we learn best by studying by ourselves, or do we learn best by being taught by someone else? The most important concept in Critical Thinking is the reasoning behind the work of teaching for transfer.

Teaching for Transfer is a way of communication through different situations. "Near Transfer" can be categorized into a way of learning similar things. For example, I was once a general manager of a radio station. In that position I had to communicate with people on the radio and learn management skills. Likewise, I learned how to help the stage and screen club by directing the actors and actresses as well as the behind the scenes crew. This way I used very similar management and leadership skills to get the job done. "Far Transfer" would be similar to having the radio station communication skills and interpreting them into being a car salesman or some other type of retail sales job. The communication skills would be there but the actual skill of working with customers on telling them each car's feature would not be something I would know about. I wouldn't be able to adhere to management or leadership skills. The way we transfer knowledge depends on if we have pride in our work and how good we do our job.

Radio speaks to me in so many ways. I was very unconfident in myself when I started college. I came to the campus radio station, put headphones on, heard my voice and got comfortable with myself, and my own voice. I became quite proud; and found that I was helping myself and others showing how good radio is for interview skills. Later, being a station manager for three years I had to graduate, so I put all my knowledge and passion for radio into my successor. The way you interpret knowledge in this sense is very important. You must show every detail you inherited from your mentor. You must be precise with all knowledge and be very detailed in discussion. Teaching to transfer can be exhibited through this type of training. It is very similar in a way of being a parent. As a parent you want your child to grow up to be a better person than you, you want them to have healthy morals. As a parent you want the best for your children for them to become successful. As this is true, I wanted the same for the next general manager of the college's radio station. It is all about leaving a legacy and making sure the future leaders are a success. To teach something you truly love speaks to you in so many ways. I strongly believe this type of teaching along with parenting come hand in hand. Raising a child is the same idea of transferring knowledge. Morals are an important thing to have, and having a good mentor and predecessor is the best way to learn. In my mind I couldn't see better examples of teaching for transfer. Although these are great examples, there are other things to consider.

Exhibiting models for transfer is a great way to interact students with something they truly can relate to. Teaching to transfer is all about modeling how to do something effectively. Think about how someone drives a car. There are always distractions and something new happening every second. Driving down a highway you have to check your mirrors and turn on your blinker before changing lanes. If you are on a busy street there may be cars going four different directions. You see stop lights, you stop, you see green and you proceed, someone may just be intoxicated and possibly may crash into you; you must always be alert. You never know what is going to happen, or more importantly what will happen next. Everyone on the road needs to know these situations, and it is better to learn them ahead of time. This is why we have driver's education courses and make sure when you have a permit you have someone with you that has been driving a while in the shotgun seat. As the transferring of knowledge is brought upon, it is also important that direction is given to find your way around difficult situations. This way we can keep young educated individuals out of harm's way. Alternatively, teachers can also learn that this time by teaching to transfer. Teachers can always learn from the student in another way from another direction.

The way we interpret teaching for transfer is very important on the teaching side and the learning side. Teachers need to use active listening to find a pathway into the student's mind. This means that as we teach, we allow time for questions and comments. In this situation teachers would not completely act as a teacher in a lecture, but to act in a group discussion. The trick is not to intimidate the student but look at them as an equal, that they all have an importance. The way we structure teaching and making a means of understanding is all about how we make students think about how to do different things. We must gather the thoughts of the student sometimes working one on one. As a new teacher may have not much experience teaching, the teacher finds a way to gain more experience by working individually with the student from time to time. Teachers find students in which seem to think differently. If the teacher can find the way a certain student thinks, it can help to get "the big picture." Teaching is all about having patience and learning from students (knowing how they think) to teach more efficiently and effectively. Through all this we learn to adapt to learning in the best way possible.

In conclusion, there are many different aspects in critical thinking. I strongly believe teaching for transfer is the most important part of it all. Whether it be driving, learning from predecessors or actively working together; we all should learn from someone else.

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May 5th, 2017
CCT-602-01
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Reflective Practice Portfolio
Creative Thinking Final Paper

“My Virtual Museum Exhibit” captures a great sum of my artistic ability. The intentions of this project involve some of my past work. This museum includes a couple high school art projects as well as a few photographs and artwork done in my early undergraduate years. Some other photos have been linked to my presentation by way of internet searches. Their links have a strength of interest as well. These strongly relate to some of the assignments we learned in the Creative Thinking course this semester.

I chose three specific assignments as concepts because I really enjoyed the activities and thought they could be dwelled upon much further. Scribble Art was a very heart enriching project that really brought me my first insight into what this class was all about. This all happened so early in the semester. As I was worried what my first online course in college was going to amount to my heart opened up to whole new possibilities. It woke me up into my creative side and inherited a side of me I forgot all about it till this assignment came to be. Illusions really always have made me focus on what is in front of me and not to look behind me. Myself being someone with Attention Deficit Hyperactivity Disorder I sure can get distracted, but illusions always pressure me and motivate me to find an answer to any problem. Overall Illusions always have fascinated me and the scribble art that I came up with along with my classmates really jump started my semester. It again and again branched off so much more creativity throughout the semester.

My first concept I chose from this course was the assignment of “Scribble Art.” We were asked to complete this assignment two different times. The scribbles were made two different ways in two separate weeks apart from each other. I believe revisiting this assignment after two weeks helped us to find other ways to be creative. It gave us a chance to step away from the assignments and get a “breath of air” so to speak. This included using our dominant hand the first time and are less dominate hand the second time. When we scribble, we may not know it, but the cerebral activity going on in our heads is quite revealing. Then you can find ways in which your brain can envision different perspectives of what you first image through your eyes. This relates to my idea of illusions. Wikipedia defines an illusion as a distortion of the senses, revealing how the brain normally organizes and interprets sensory stimulation. I find this to be quite similar to the idea of the scribble art assignment. As the illusion makes us

see something we want to see. The second step of "Scribble Art" makes the image in front of us exactly what we want it to be. Therefore, "Scribble Art" with the dominant hand makes it easier for you to end with the result you want. The non-dominant hand, maybe not as much of an effect. As we continue creativity just imagine if we could control these illusions.

My second concept I chose was the assignment of "Unusual Uses." First off, I dislike the name of this concept. I would like to change it to "Practical Uses." The reason I wanted to change it is because I look at the chosen uses and do not see them unusual. I never consider myself unusual, I find myself and my ideas very practical. Unusual sounds negative to me while "practical" is so positive. "Make something out of nothing" is what I always say. I chose these "practical uses" to be my second concept because for the reason of conflict. In an argumentative three body paragraph essay you need to state the obvious reasons why you support a certain argument in the first body paragraph and a concluding argument in a third body paragraph. In the middle body paragraph, you should always have a conflicting argument; one that disagrees with your original statement. It felt fitting to have a turnaround of a negative to a positive idea for this concept. I am aware how many ideas I have in my presentation, however I see it as a good alternative. As Linus Pauling the Nobel prize winning chemist said, "The way to have good ideas, is to have lots of ideas."

My third and final concept of my presentation was the assignment of "Breaking Bad Habits." I feel like this concept shows anyone how to improve on whatever you are doing with your life It sets the bar for a future of improvement. There is no need to dwell on the past, there is no turning back because your creativity can only improve over time. I also want to explore and further my assignment "Breaking Bad Habits." Going out on a video shoot by myself can be a bad habit for me. I feel as if I go out alone to shoot video, I do not have a good vision to portray my video. I believe if I take some time to make a storyboard, I will see improvement in the flow of my projects. It would help me out greatly to see what my shot list will look like. It also helps to organize my footage in a way that makes it easier to edit. If I can do this, it will get over a big hump in which I have been trying to get over for a while. It also helps to make me more efficient in the way I create my ideas and storylines for video productions.

In addition to breaking bad habits I would like to be able to take breaks from being on my computer. I developed some serious eye strain being on the computer this semester. I even developed floaters in my eyes; something I never experienced before. It is quite distracting and annoying, but I am getting through it. I saw my optometrist a few weeks ago and she talked to me about how to keep my eyes healthy. Since that discussion I have used her helpful words to ease the tension in my eyes and helped

them grow to be healthier than before. For instance, eating healthy green foods and exercising my eyes to the 20/20/20 method. This means every twenty minutes stop and look at an object twenty feet away from you for twenty seconds. This whole exercise has helped me this semester and has moved me from killing my eyes on the computer being on it for long periods of time. Therefore, because of this activity I have found more time to not only rest my eyes but help myself relax my entire body. It helps me to get up off my chair and walk around the room. In return, I become able to organize my thoughts by having the feeling of not being in solitude or in a desolate place. Therefore, by doing this, I release my brain power to build up creativity.

Creative persons such as Henry James who said “The creative person is the one on whom nothing is lost” reflected my thoughts of continuance of creativity as my life goes on. My motivation is strong and always will be strong if I can keep an open mind. If I can become healthy and stay healthy, I will have the motive to remember important subjects and aspects of my life. This also reminds me of the creative person we heard much about; the Hungarian psychologist Csikszentmihalyi. He once said, “with increasing health and access to information, productivity across the lifespan does not decline if motivation remains constant.” I will be sure to attain the right tools and groups of people to network with. This way I can help keep concepts I learned in this course in my steady mind. Other creative persons will surely help me become more and more creative as my future years are still unwritten. As the American psychologist Jerome Bruner said with the role of knowledge states “creative solutions can only occur when the relevant field of subject matter is thoroughly known.” This connection I have made brainstorming creativity and links to my storyboard within my virtual museum. It took construction paper and glue on a white piece of paper to make shot list within the construction paper that I cut out myself. This was clearly seen as my virtual museum showed a creative and fun way of visioning shots within my video. Bruner would see that I know what I am doing with the art of video production. This is because of the relevant field of subject matter that I know thoroughly from getting my degree in film and video production.

Creative processes in my exhibit show ways of “heuristic problem solving.” I found that my way of creation of my own work and pictures found online linked important problem-solving techniques with that of my “breaking bad habits” exercises. Relaxation is linked to the way of Hinduism and meditation; an art of freeing the mind and connecting your spirit with your body in peace. Creative processes start with freeing your mind and concentrating on one subject. If you cannot release your mind and feelings upon different things going on in your life you will never complete any task you seek to complete. I find this very hard with my mental disability. I try my best to work around distractions. I tend to give myself a ton of time to set aside for doing

simple tasks. I always leave plenty of time to do a project, but I am easily overwhelmed many times, so I try to do work in small bursts. I have found that this class has helped me to enhance my creative processes by way of meditation, breathing exercises and most importantly to break my bad habits. I find many bad habits in my daily lives such as not only exercising but clearing my mind when I do exercise. I find by running, I release endorphins that help block out my state of being overwhelmed. I also have found that writing down a “to do” checklist every week helps me greatly. This has been done with my course assignments every week. I find it easy to remember things I have to do if I write them down and use the boxes to check off to let me know if I did them or not. More importantly I find myself much more relieved after checking off each box in a feeling of accomplishment.

As I reflect on what I learned in this course I look at my creative process. Overall, I feel like the whole course has helped me better my understanding of certain concepts of thinking. I feel now that I have felt better about myself; thereof I see myself having more confidence in myself. This is because I believe the creative thinking course dug deep into my brain; so deep it brought the best out of me. I never knew I could perform in an online course. I never knew how adamant I have been about my studies till I took this course. It really helps me see a whole new side of this Critical and Creative Thinking program that I currently am in. I once saw it be very broad on the concept of being able to think about my past and my inner strengths. I never have been able to see how hard my work ethic and passion for a graduate degree was until I took this course. It has opened up my eyes, ears and helped me really feel the inner being that is me. I found myself to be very creative within the “Designing a System” and my concept project for the exhibit. I found myself even understanding reading material that I never thought I would understand. It took me a while for it all to kick in, but I think I learned a good amount; enough to carry on in my last years in a master’s program.

If it wasn’t for the positive and critical feedback from my professor and classmates I would have never survived. Maybe it is just the essence of an online course. I do not know if I will take another online course, but I find it to be easier to adapt to than I thought. My creativity soared while using producing the final museum project. It kept me motivated and brought feeling back to accomplishing media-based projects. I always feel like giving top notch material in power point presentations. It is always fun to put them together and it is amazing how much I can come up with in the end. It makes me feel like I am making a video, and it especially did because it was connected (by including) my artwork and photography over the years. I can imagine what a video of this could do for my confidence and self-appearance.

My projects really felt like I shined from in the end. It was a hard time coming up with concepts for all the projects. I had a hard time trying to organize my thoughts and getting together new ideas in which to use and write about. The "Designing a System" was one I will never forget. "The Fly Catcher" really just came to me after a while. It came to me suddenly with one hour till the assignment was due. I mustered up so many items in my room and in my kitchen that helped me develop this idea. But just playing with the items for a few minutes I got a final concept for the system. I also came up with the idea very fast. This all captured my understanding that creativity does not take only time to develop. Creativity also takes a little playing around with to accomplish. I must really use all my senses to reach my highest potential of creativity.

My classmate's projects and their words of wisdoms really helped me. Their comments online in blackboard and throughout meetings we had really helped me complete my creativity. It also boosted my confidence and made me feel so important. The subjects inside my brain and within my whole self-have really grown. I definitely gained new insights from them as well as a strong boost. They all worked so hard on their projects; I am sure had some trouble here and there. Within comments and discussion, I felt very involved and also helped me to not feel alone. It was quite a hard-working class and I saw all the passion and fun creativity in all of us. I feel like we all connected so well and enjoyed each other's company. At least it felt that way with all our contributions to commenting on each other's projects. As hard as it may have been, I am sad to see this course come to an end.

Russell DeLuca-Kavanagh
December 5th, 2018
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Reflective Practice Portfolio

Metacognitive:

Thinking about my Thinking over the course of the semester

Reading back on my previous reflections and the readings of the entire semester I have found myself thinking in an entirely new way about the world and all within it. I also believe some of the readings have made me have new outlooks upon different topics in philosophy.

I will further my discussion into specific topics such as education and why it is interpreted into what is necessary and what is not. My presentation this semester also deals with testing and why it should be developed into curriculums and entrance ways toward college and other admissions applications for jobs as well. I will dwell a portion to my presentation coming up in a couple weeks within the course as well. This will help me to continue into guiding my thinking and reflections being shortly followed by my final paper for this course on the subject of "Death".

My early thoughts upon philosophy did not have accurate dwellings. As I come to the terms of never being a fan of philosophy; I believe I have come to the understanding of what it is. Therefore, I do not find it all that boring anymore. One topic that started to truly get my brain jiving was the idea of the Philosophy of Childhood book by Gareth B. Matthews. Matthews helped me realize there are so many laws against children and by that making there be so many laws for adults as well. For example, an adult may very well be mature enough to make up their mind on what is best for them. Therefore, an adult can drink alcohol and smoke cigarettes if they choose to.

Knowing that putting harmful liquids and air into your body is up to the adult. Children on the other hand may have not lived long to make the decision of doing harm to their bodies. Smoking is harmful regardless on most occasions however much you smoke. Alcohol is fine as long as it is used in moderation and on terms of safety. Legally you need not drink and drive. This is something that relates to children, since anyone in the state of Massachusetts at least cannot drive till sixteen and a half years of age. There are other thoughts of children's philosophy such as the right to vote or testing which in my eyes could all be altered by a few years on the driving voting to twenty-one. I myself did not really care to vote till I was in my twenties. I did not pay enough attention to the world and (I am sure I am not the only one) to start voting later in life. I also never got my license till I was twenty-four; receiving my permit at twenty-two.

As much as my thinking may have changed with this topic of childhood and adulthood, I believe from chapters within the book by Matthews that there are certain ways of looking at the world. Adults and children have different perspectives and

philosophies. As an adult may be able to have more responsibilities, they have more judgement on certain things such as keeping a job, paying bills as well as taking care of their children. These adults must keep up good work ethic on the job at many times doing things they do not want to do. Children do not have these responsibilities, they have to get dressed, maintain good hygiene and be good towards others. The things that children and adults may have to both do is become educated so they can become successful. Of course, children all got to school, but it comes with much less pressure. Adults in college work hard toward a degree so they can support themselves and get a job and support their families if they have them.

In a similar topic someone who works keeps themselves alive. There is something to say about what happens while you are alive and when you die. I always believed that when you die your brain dead and your soul is related. I do not believe much in a higher power. I was raised Catholic but my thinking after this course and just my own adaptability of living makes me think that when you die you die, and all parts of you die with it.

My thinking from reading this semester intensifies and helps me see where other people's thoughts and views are on these matters. I have a respect for those with other beliefs, but I also realize that I need to keep my own views and not let others change my mind of thinking. I will continue in my search of understanding more on philosophy since before I did not know much at all about what it was. Now I can at least have a conversation with someone about these topics further into my later life.

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May 27th, 2019
CCT-615-01
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Reflective Practice Portfolio
Holistic and Transformative Teaching

The Holistic and Transformative teaching course was my favorite course in the Critical and Creative Thinking Program. I found great pleasure in all of the student's projects and understandings of one another with great passion in teaching. It adapted so many versions of teaching from so many different individuals within the class.

All of us in this class came from a different area of teaching. Some of us teachers of English, some Mathematics and some teachers of even music. It was such a great atmosphere for me to learn about others in the profession of teaching. More importantly it helped me to learn about other fields in which may very well help give myself insight to my own career. I will learn about different jobs within different fields in studying and recruiting students in the future as a career coach. The project within the course made it easier to understand the foundations of everyone in the classes work outside the CCT classroom. Many of these people in the course gave me great insight into being my own type of educator.

As I worked on my own understanding of what education was, I looked at my knowledge built upon within working in higher education. I learned from several readings and experience that there is a big difference to students going to a community college rather than a four-year institution. I found that not only do you save money by doing so, but you learn to make little steps onto building your career. Extracurricular activities, internships, study abroad programs and many other organizations can be joined as a part time student. You don't have to be studying full time to do so. It opens up the doors for so many students with disabilities, those with families and those working full time and want to start slow. In addition, senior citizens can go to college with free tuition. I found community colleges to be very engaging with the faculty and students joining closely together in many clubs and organizations with no limitation on your demographic in this world. It is amazing that people can come together and learn a culture from someone else that doesn't live on campus with others. That is what community colleges are all about in my opinion. I see so many satisfied, humble students out there in this world from so many different areas in the world joining, studying and educating others daily within these colleges.

From this course, I found it hard to believe some methods of teaching. I look back at a previous course I took in college where I was truly struggling with writing. I was told I was not a good writer, and therefore not to become a journalist. This broke my heart when the teacher said this, and it has stuck with me for years. I wonder sometimes if she was saying that to me by way of constructive criticism. Maybe that was her way of showing me to try harder and get

help with my writing. I will never know for sure what she was trying to do, but it is nice to think of these different perspectives of other teachers and methods within this world.

In conclusion, I may have not learned many critical and creative thinking skills from the course itself. However, I learned many values and found inspiration from others within the course and their types of learning and teaching. Learning about other's hardships and struggles truly helped strengthen my own values of what I want to teach and how I want to teach.

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May 26th, 2019
CCT-618-01
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Reflective Practice Portfolio
Creative Thinking, Collaboration and Organizational Change

At the time of this course I was fully interested in becoming a high school video production teacher. Now that is not the case. Nevertheless, I learned to start changing my way of life and picking up good habits to keep my head in the right place to become that teacher I was passionate about being. I put many new changes into my lifestyle and ways of being productive. I also found some critical and creative thinking skills to help me along this process.

As my key concern was not growing within the film industry, I addressed that I had to “keep my head in the game.” This meant I would know focus and read more information on key tools to assist me in my journey. I know I have a learning disability which involves getting distracted. Therefore, I wanted to work on helping myself become more equipped to find myself concentrating more efficiently. I would then start to look at documentaries and movies watching closely for certain camera angles, angles and looking at film genres. I would find myself then struggling keeping up with weekly goals for myself such as working on new video projects and learning new types of software. I then became hard on myself. This is when I started to use my support systems. I learned that if change was to happen, I needed to speak with my family and friends about my projects. This led to great support for my project of change and how to strengthen my skills as I relied on my family and my friends to keep me doing what I need to do to succeed. Also, I learned from this change that I need leisure time. I know I needed to laughter and enjoyment in my life therefore I took well-earned breaks from time to time. Additionally, I know I need to keep inspiration all around me. This inspiration came with putting up reminders everywhere. My resume and my degree were to be placed in my home at my desk to help me remember the past and how far I have come. It is important to show thyself achievement and perseverance. This helped me to keep pushing in my projects till completion.

By the act of facilitative listening I was able to not take my own judgement. I learned to get out and pursue my personal project to keep my experience within the industry of film and video. I sought out advice and information from past professors that I have had in the past. I reached out to my mentors including my supervisor on my internship that was a specialist in video production. I also looked to a mentor of mine, my advisor at the radio station I managed in college who had taught me so much about being a leader and disc jockey. These people were an important part of my journey to success. I then took on the idea of chaos theory by making sure I was keeping a balance. I maintained a network with others in the industry and sought out other projects. This activity helped me learn from others. Lastly, systems thinking helped me to realize that I am not alone with these projects. I need to learn how to brainstorm and gather ideas from others. It is necessary to work in groups within the film and video

industry, so I saw teamwork part of my plan. In other words, I needed to branch out my ideas and take in the ideas of others. One thing to help me out with this was to work with my friend Hans who started a video production company of his own. We have helped one another with our skills, and it has benefited both of us.

In conclusion, this course helped me to find ways of changing myself and how to collaborate with others with my projects. It also helped me feel better about my achievements and it surely will help me further on in my career and in my life. The tools I learned from this course helped me see a new way of learning, adapting and coming together as a community to help one another.

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May 25, 2019
CCT-630-01
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Reflective Practice Portfolio
Criticism, Creativity, Literature and Art

Most of my thinking of my projects throughout this course show great design on how to lead college students on a successful path. I then halfway through the semester turned to my background in film. My bachelor's degree studies were Communications Media with a concentration in Film and Video Production, while my associate degree was in Media Technology. Because of this background and somewhat of a struggle with the course and its direction the professor led me to thinking of writing in my journal by watching movies. I then chose to analyze certain aspects of each film.

By watching and re-watching films I have not seen in many years, I realized many editing and filming attributes vital to the perspective of each film. These techniques include the lighting and certain emotions that came with watching The Godfather Two which included certain scenes that were meant to be shot inside to show intensity. Many of the scenes in the film that were meant to be gruesome or have that true mob feeling were set inside the family home when they speak of family business. Those scenes were kept private and in low lighting. They captured great emotion to the perspective of the audience viewing the film. Other scenes that were shown to be bright happy scenes were shot outside the house such as the family wedding. The terrifying feel that you get from watching the movie The Godfather Two may have scared some by being such a violent film. However, there are other types of scary films such as The Exorcist that is frightening for many audiences, but in a different way. There were many acts of special effects in the film with the twisting of the neck and backwards walk down the stairs almost like a dog really fast. This was quite terrifying for many, but the act of exorcisms was a common back in the 70s when this film was released. You can imagine the fact that this could be actually something that can happen is truly terrifying.

Two other films I watched this semester include mixed genres. I speak of One Flew Over the Cuckoo's Nest and Full Metal Jacket. Both films had their serious points to them but some of the scenes were very humorous. There were many different characters in One Flew Over the Cuckoo's Nest which was interesting to see how they all came into play throughout the film. The most perplexing thing to me was that the movie involved patients that were sick mentally and it was comedic. It is really sad to think of people in a psychiatric facility, but Jack Nicholson and others made the movie bring much laughter to the audience. Full Metal Jacket on the other hand involved a drill sergeant that brought comedy to the audience as he spoke to his boot camp recruits. This was interesting to see in what may appear to be a serious war film. The blend of the two genres made for quite the perplexed views when the movie came to an end.

In conclusion, I found this course very satisfying. As I learned a lot about leadership and being a student leader. I also found new ways to become a good mentor for students. As this is true, I found it very enjoyable to be able to watch movies even though I was looking carefully for editing techniques, sound, lighting and genres. It brought me back to my days at Fitchburg State University (Fitchburg, Massachusetts) where I continued my film degree after my associates from Bunker Hill Community College (Boston, Massachusetts.). This course surely enhanced my perception of certain films and how to look at them through stronger lenses.

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May 23, 2019
CCT-651_01
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Reflective Practice Portfolio
Advanced Cognitive Psychology

Throughout the semester in Advanced Cognitive Psychology the entire class was split into small groups for “Problem Based Learning” activities. We worked together to conduct workshop presentations for the class. These activities primarily involved “primed emotion from images,” “emotional stimuli from narratives,” and “physical movements inhibited by auditory detail.” My final project in the course was derived from my personal experiences with dementia developed by my uncle and many others I have known in my life that suffered from the disease.

“Restriction of Physical Movements inhibit to attend auditory details from a story book,” was the ending statement to my “Problem Based Learning” group activity. As a group we devised a plan to use memory cognition from using a story book called The Pout Pout Fish, written by Deborah Diesen. This children’s book was a story about a fish that struggled with happiness. The way in which we used this book was by showing the rest of our class a YouTube video of the children’s story. We then asked the class certain questions such as...”What is the first sea creature that the Pout Pout Fish visits, What does the Pout Pout Fish call the octopus, and How many friends does that Pout Pout Fish visit before he changes his mind about what kind of fish he is?” These questions are answered by memory and by purpose of our project we took account of everyone’s answers to see how good our classmate’s memory were. The plus about this assignment is that we told the class to be active while only listening to the video; not watching. The class was instructed to stand up and do form some sort of physical activity while listening to the videos such as stretches or doing jumping jacks. This was meant to keep student’s performance in their memory while listening to the story. However, we had only half the class do this exercise and half the class would listen in a separate room without being instructed to be active. The results surely showed how more effective and alert people are when they are physically active. Its shows that physical and mental abilities to enhance when performing them together.

“Being exposed to increasingly emotional narrative and stimuli correlates to a person’s likelihood of making an emotion-based decision related to the context provided” was my group’s ending statement within “P.B.L.s.” This evolved from watching a video of dog’s being neglected and abused within many popular television commercials. We combined the video with audio to match it with pictures of happy dogs. We then took the audio out of both videos and showed it to the class. This from word of mouth got a stir of discussions moving forward. The idea we as a group had was that the feeling would suddenly disappear and not have as much effect of emotion without music. We were right. My mind wonders what would our outcome be if we had a video of happy dogs with a sad tone of audio with it? Would it make any sense to people, or would it have the same effect? Many know that there are so many

neglected and abused pets in this world. It is quite sad, and it brings quite a toll on the human mind. After all, these are pets, and here as part of the family in my opinion. Pets are supposed to bring joy, but then again how many people in this world can enjoy pets and how much they comfort us and make us happy.

“A person’s recall is more accurate when viewing that corresponds their primed emotion” was our last PBL activity. This activity this time was again related to memory cognition as we showed pictures of two different sets of animated families at a dinner table. We split our class into groups and one set of groups were asked to think for ten seconds about what it was like remembering your family eating at a dinner table when they were younger. The other group was asked the same but both groups were shown two different pictures of cartoon families at a dinner table. We then asked the viewers (classmates) questions such as, “What was the family eating for dinner, how many people in the photo had brown hair? This was a trick to the mind in leading the viewers of the photo to see if there would be different outcomes within the groups. It turned out that only one or two answered all the questions right. Many were stuck thinking about what emotions were brought during their dinner table discussions. Apparently, there is a lot more to dinner than the food itself. Some people in this world grew up with small families, maybe not even had meals at a table for dinner. This is quite sad story, but it is the truth. In Psychology we must all be aware that everyone comes from a different background and may have had traumatic happenings within their childhood and/or lifetime.

My final project in Advanced Cognitive Psychology was made in order to help myself know more about the disease of dementia. My guiding question with my final presentation that was acted upon as an interview with the professor and another classmate was made in order to find the following: What is the effect of dementia on creativity, and what creative possibilities are there for helping someone with dementia manage daily life? I found that dementia is a broad term for a number of diseases that affect the brain and it’s functioning. It can be a long slow process, and gradually gets worse over time. It is a disease that is very hard for the person with it and hard on their families as well. Many symptoms include loss of attention and concentration. It impairs memory, judgement, language, visual perception and social interactions. There are many types as dementia includes sixty percent of patients with it have Alzheimer’s which is the most common type. Vascular disease is another along with Parkinson’s. Dementia is mainly developed mostly by a prolonged life of depression.

There were many points I learned from studying dementia. The perception of color and light can be disrupted, hallucinations and fantasies can occur, causing sleepless shouting nights of torment. Furthermore, many patients cannot see certain objects within certain tints of color and similar shades. There really is no cure to dementia, it gets worse and worse over time. There are many difficulties to having someone living at home with dementia, in the thought that they may leave the house and get lost or be hit by a car or train or really injure or get killed. There are creative ways to making sure that does not happen, as if someone who has dementia is still living at home can be made doable. Family members can put up stop signs or traffic lights to signify the patients to stop and not move further. Arrows can lead to certain

rooms such as a bathroom or bedroom. Forgetting where certain things are can be troublesome for those dealing with dementia (severe memory loss.). It helps to paint door knobs the same color as doors, so the patient thinks the door is a wall and nothing else. Comfort can be made with pets in the house to keep the patients happy and pre-occupied. It also helps to put up pictures of the family doing leisurely activities to let the patient know they are loved, even if they do not truly remember their family. It helps to bring back something remembered in the past similar to the family or something the patient took part in at a younger age. I wish to keep seeking out answers to help those with dementia but maybe we, as a society will just have to make do till new studies are made.

To conclude, these alterations to our brains are what makes us all unique in the minds of memory cognition and auditory and visual senses. It is interesting to see how the brain functions in so many different ways. It is also sad to see the many diseases made by dementia. Nevertheless, we live in a world where no one lives forever, and no one is the same. We all think and act differently towards so many different things. This makes the subject of psychology so indifferent to other subjects and courses within education and especially in the Critical and Creative Thinking Program.

Russell DeLuca-Kavanagh
April 24th, 2018
CCT-688-01
Jeremy Szteiter

Reflective Practice Course:Portfolio

I myself, have never held a full-time job before. I have always used the majority of my time into college studies. I have had many experiences leading and working closely with students in this time. Recently over the past few years I have looked at my life's history of working with college students and realized I want to work in higher education. I found that overall my experience in different fields and having various dreams I thought to myself, "How fitting it would be to become a career counselor?" Therefore, this semester, I took on a graduate assistantship at a community college in its career center.

I had learned many different things on my internship in which I can follow through with in the pursuit of my career. I had the most experience in constructing resumes. I have learned how to format and label a resume in the way in which employers are looking for. Going forward with the formatting I realized from the internship that as so many people in this world are different; that makes everyone's experiences different as well. Therefore, I must strategically put resumes together differently. Some may even need an altered format that may not specifically apply to the proper rules of resume writing. For example, if someone has lots of experience in within a certain field in which they were not paid it may be best to put it underneath "relevant" experience instead of volunteer work, or even instead of "extracurricular" activities done in college.

Another strategy example can be content within bullet points. First off, there should always be two or more bullet points to each section. Bullet points most of the time should have three lines. It also helps to not have one line on your resume filled; for the next line to be as identical in length as possible. It is also important to watch your fonts. Using Sans Serif fonts instead of times New Roman specifically. Times New Roman is out of date for fonts and experimental styles and looks can become quite revealing to employers without using it. Using different fonts can be used for a more unique look. I must keep in mind changing the font in different styles sometimes alters the size, by increments but if you want a one page resume you must be careful! Lastly, the font size should never exceed 12. This is something for me to keep in mind, while my name and headings can be anywhere from 14-16 font size.

To add another thought into bullet points the most difficult part in my opinion was to find the most proper use of language that follows the bullet points. As a career counselor it is important to be gentle with the students in way that truly brings out the best in them. In speaking to students, you must ask certain questions relevant to what they did on their past work history. You must dig deep and ask them about them

their previous responsibilities, experiences, and the people they worked for and worked alongside. You must show what you learned, and what you brought to the table in helping out the company or organization. This could be very well improved with speaking with friends and family about their history. It also would help for me to read books on how to read resumes, and other materials online as well. With bullet points, it also helps to not use them with the “name heading” and/or skills section. It helps to use a single line to separate the skills. Organization of your “Skills” can be brought to be quite confusing with what skills to put up for certain employee candidates. This is something I would like to research online and in books; would be great to visit some local libraries or even libraries.

Moving forward with my experience this semester on my internship I intend to improve my skills in resume writing. I intend to put together an ongoing practice with resume writing. I first will look back at my own resume and compare it to the resumes I wrote for other students on my internship. As I am starting to look for that first ever full-time job to start come January of next year. I need to keep my own resume up to date. Along with employers asking for resumes, some ask for a cover letter as well. Which is something I had some practice with before my internship but did not get much experience writing sample mock resumes, and mock cover letters on my internship. However, I did have practice linking resumes to the cover letters finding that they should both have the same information, it should just be worded to truly define your voice into an introduction to yourself. This is something I know I can do quickly but would not hurt to get more practice. In an ongoing reflective practice, I will reach out to my friends and family in efforts to help them with their resume. I have helped people in the past which has been fun, but I think using the experience I got this semester at the career center to make a great difference than my early resume writing. I will reach out to my friends and family by Facebook posts and messages, emails and even by word of mouth as I am determined to get better at resumes and cover letters. This would be in efforts for me to someday be a career counselor.

The other big aspect of me working at the career center was more helpful for me personally. I reached out by email to over a dozen staff on campus in order to schedule informational interviews with them. I only had the liberty to meet with eight staff members, but it was still a great experience. I need to continue with this to certain people I can research online at different companies, schools, and other organizations. It would help to do my share of running around the Boston area to network with people as well. This, as I am on my way to look for a full-time job, I need to be giving myself assignments in doing so dressed highly fashionable in the process. I also will start to make new business cards for me to truly put my name out there more. I already have business cards through Vistaprint more geared towards video production, but since I soon will have a master’s degree, I should update my business card to be more geared toward higher education and career counseling. This can be a process I could do with my previous internships since they have seen my work ethic in the past can see I have

been passionate about finding a job, otherwise I would not want an internship in the first place.

I have been on four internships, I could try to find one more for the fall which would be perfect if it fit into higher education in an environment in which I could progress in and be successful; maybe even finding a job therefore after an internship within that establishment. I also would love to email past professors and coworkers at Bunker Hill Community College where I have worked part time at for the past nine years. It would certainly help to have some informational interviews with them. Maybe they would have an open position for me. As much as I would like a position in another college, if I am unsuccessful with that pursuit I will definitely apply to some jobs and reach out to the advising office, the admissions office, or even the career center there. It also may even help me to visit the career center to have them look at my resume and compare their thoughts with mine in helping design the best fit resume for not only myself but maybe other students at Bunker Hill. It would be great to connect with staff there and help both parties out in the process.

The best idea in my view would be to network with other career centers in the other community colleges in Massachusetts and other four-year institutions around the area as well. I visit New Hampshire a lot maybe I can reach out to career counselors, success coaches, advisors and other staff to get the good word in for me. However, just as I would love a job at Fitchburg State University where I previously graduate from, I know I am not ready to relocate. I need to think about my parents, having a car of my own, and about my financial needs for the future and for the present day. My car was totaled back in November and I have been using my parents two cars while they are not using them. It grows to be quite a pain with work and other such matters. I need that feel of independence. If I had a car of my own, I would not feel restricted to certain jobs. Therefore, I will look for a new vehicle this summer. I have a good amount saved but I can surely make a lot more money this summer with my audio-visual gigs around the Boston area. It is nice to have these freelance gigs to help me with extra money on the side, but I will have to limit them to weekends only while I work full time within higher education.

Another strong example of something I need to start up is looking at certain job posting websites. I never really knew what all the important websites are out there are, so I reached out to my friends to use it as a survey question. I had emailed them to give me their Top 5 best job post websites out there to help me research them myself. I have narrowed down a top-notch list including Indeed, Monster, and CareerBuilder, these websites all help you find jobs and I realized it is best for me to put together a resume not from their template but on my own from scratch. I learned about this from my internship at the career center. Templates from certain job websites can be made up and altered greatly. The templates formats become very dis-arranged in the process of making them into PDF or word documents which is what most employers ask for. Therefore, I will make my resumes thus forward in Microsoft Word. I will then convert it to a PDF file and download it every time into theses job listing and job search websites. I also know that this is time for me to shine. Therefore, I will be using Indeed, Monster

and CareerBuilder to promote myself in the most professional way. I will heavily research them more and design my own experiences into understanding what my best skills are, what my best experiences are and how they will help me to develop into what I want to be.

With all these various jobs I have done in the past I need to make sure my resume is altered for higher education and not jobs within audio and video production; unless of course I was applying for a job related to that. I know I have a lot of experiences in different fields with all sorts of different people, therefore I should have taken more opportunities. I have turned on quite a few job opportunities in which I could have had a full-time job but now since I am finishing my college career it is time to take that chance. I know that graduate school is a big deal and would take me forever to get to this point, and to finish. That is why I turned down all those job offers. I have always known myself to be overwhelmed very easily. I have also always seen a struggle within certain assignments in college in these past fourteen years. Although this is true, I never will look back and say that it was a mistake. I have done so much extracurricular activities, had success at three different colleges; I have come such a long way since my rebellious days in high school. Boy, were those bad. Many people who knew me then would be shocked how far I have come and how much of a success story I really am. I may look at the world a different way than others, but it is my life and I am my own successor.

I realize in my past I have went in many different directions with my career path. A young counselor at Fitchburg State in her twenties once told me when I was struggling in school, "What I do now, does not define me as a whole." That has stuck with me for a long time. I will take that into thoughts as I turn the page in my college career to stick with what I am comfortable with, and have been for most of my time as a mentor, leader, advisor etc. etc. I have a lot to give to others in which they can learn and develop within their own careers. I have been in college for fifteen years and certainly cannot give up on myself at this point. I want to finish college strong and start my career as I have been working for in all these years. Various things happen to us in our everyday lives. Relationships, deaths, medical issues, ailments all can disengage a very productive person. I cannot always look to see what I did not do; I must reach from beneath and see myself as a whole. I have jumped a lot of hurdles in my lifetime. I will jump over many more. I have walked down different paths, some good, some bad, but it is all about how I look at certain experiences. I must look at them all as learning curves that can swing one way or the other. It is all how I see it, and how I interpret life to be and always move forward away from the past. This will build great confidence in myself and construct a great future. This leads me to my personal goals, which will help me out greatly thus forward.

As this semester was quite tough on me for many reasons, I want to connect this project with my Action Research for Change course I also took this semester. This was entitled "Health, Wellness, and the Relief of Stress". It keyed into everyday activities. This includes changing my eating habits finding healthy alternatives to bad foods. This has been an ongoing process for me. I usually haven't eaten very healthy at home

sometimes. However, when at work, on my internship every day this semester I ate a salad for lunch with baby spinach and baby carrots. Along with that I brought breakfast to work consisting of low-fat yogurt and fresh fruits. This helped me greatly in my pursuit of being productive throughout my work day(s). The project also included other helpful additives to help me in my personal life. I researched and practiced many ways to relieve stress. Stress balls, meditation, breathing exercises and even adult coloring! I also experimented with various types of music to calm me down as well as other music to generate my energy. This all also helped me feel better about myself and more confident going forward with social anxiety and professional confidence; knowing I am doing my very best and that is all i can do.

To conclude my "Plan for Practice" I would end by saying: None of this work is easy, it takes time. It takes time to improve my resume and cover letter writing skills. It also takes practice. Same goes for job search websites and furthering on helping others find jobs. Of course, before finding other's jobs It would probably be best to get more experience. It would help to be certified as well. As I have seen that the certification costs hundreds of dollars just to take the test and be approved, I will hold off on that aspect until I make more money. It would also help to see how bad I truly want to step into career counseling right away. Like I said before, I may just want to get my feet wet. Although being an academic advisor gears towards success of students, and therefore will make me happy as well. There is a long spectrum of jobs to find in higher education. I would love to help myself and with that eventually help others finding their way to their own personal goals which includes finding their way through to academic, and professional success!

Russell Deluca-Kavanagh
May 24th, 2019
CCT-692-01
Jeremy Szteiter

Reflective Practice Portfolio
Process of Research and Engagement

Process of Research and Engagement helped me jump over many hurdles in my studies and success in finding out a great deal of information helpful to me and my career. One important part of the course, “Component Arguments” helped me to see my ideas of my own and truths, but it also showed me how to look at ideas and truths that weren’t there before. Most importantly they showed me how to find different perspectives to what. I knew already and how to change my way of thinking. Additionally, with the course I found new ways to engage with others in most efficient ways and alternative ways as well.

“Propositions” have known to be a certain kind of hypothesis. I see propositions as something that is believed in truthfully by experiences of your own. “Counter Propositions” are set up to be the opposite of beliefs. They are made up to be a way of denouncing what you believe in by an almost truth. “Counter-Counter Propositions” are made to flip the counter proposition by way of finding a different perspective and end example. For example, I may say that balancing an academic and career future ambition would be a good thing. Others may say that it would be best for some students to stick with academics while in school and wait to start being employed full time. It would be best in this case for all parties to have maybe a part time job or at least become involved on campus. Extracurricular activity shows great strengths and will certainly help any student with resume credentials.

Through the Process of Research and Engagement course I was able to find more efficient ways to follow through my ideas with research. I was able to start using the University of Massachusetts Boston library database finding a way to narrow down searches of what I was looking for. However, the easier way of researching for me was that I was able to research by engaging with others. I learned effective tools and came up with ideal questions that were essential in finding out more about the subject of my chosen profession. I learned better ways to go about asking others for advice. Preparation was made in ways of speaking with someone who I was comfortable with to practice the informational interview and navigate through possible questions and possible answers as well. My friend and colleague helped me with this. It was definitely more comfortable to speak with a friend; especially one who had some insight into the subject of being a success coach dealing with academic and career advising/counseling within college settings.

I found it quite pleasing how I could feel professional in emails by telling staff at certain colleges about the CCT program, why I was in it and what activities and professions I would partake in after graduating from the program. I found myself typing out questions to certain people that I worked around and some that I researched about within the LinkedIn website.

It helped to build confidence in myself and what I have done over the years as a mentor part time and all the interaction with students in my time during and post studies. It helped me to keep active with my writing and blogging as researching for certain subjects helped, but I felt like it was more important to find out directly to the source of staff that live working with students every day.

In conclusion, I have always been happy to work with students and staff within higher education. I think my charisma and personality work well together in being in a college environment. This will make for myself to be a great success coach someday. I will also use my beliefs as a proposition to always think of new ways that others will turn away my ideas. This works well in a very diverse communities; in which I have known to heavily be involved in. My ideas aren't a negative, but I should always be open to other's beliefs and different perspectives other than my own.

Russell DeLuca-Kavanagh
May 25th, 2019
CCT-693-01
Rhoda Maurer

Reflective Practice Portfolio
Action Research for Change

The Action Research for Change course was a great course to develop my own personal values; making myself stronger in certain fields. As the course and its syllabus was built around making an immense change of action within my life. The action in which I chose involved a personal health change. I always felt as though I could be healthier. I have battled many years of high blood pressure and being overweight, well I thought it was time to change some bad habits that was controlling my blood pressure and weight by making good choices.

The first thing I started to do by research of my project was to look at my life and those within it to see how I could eat better. This would revolve around the idea of Reflection and Dialogue Epicycles. In speaking with a cousin of mine I found that eliminating starches is a big part of being healthy, which promotes one's body to lose weight. I learned to have two vegetables at dinner instead of a vegetable and a potato or rice or eating bread on the side with dinner. I also learned from having chest pains to stop drinking caffeine. I found from speaking with doctors that some are sensitive to caffeine. Therefore, I stopped drinking coffee and only drink green tea now. Green tea is a great thing to drink since it has so many anti-oxidants in which can help the body to repair cells within the human's digestive system. Additionally, I learned to look at labels and nutrition facts within foods I ate and became aware of cholesterol and sodium levels which if high can seriously make for problems for someone like myself with high blood pressure.

Two other reflections and dialogue epicycles I made were the effect on the body within physical activity and stress relief. In experimenting and speaking with others I found that it is easiest to work out at home. Going to the gym of course is great, but there are so many types of equipment you can use in your own home. You can use a couch for leverage to do sit-ups. You can stretch, do crunches, use an exercise ball or maybe do some jumping jacks while watching television. Doing squats and calf stretches while you are brushing your teeth is a great way of multitasking. I find myself exercising wherever I am. While waiting for a bus or train I walk up and down the platform or sidewalk. This may seem crazy to some but I feel like sitting waiting for a bus or train is such a waste of time. I even find myself dancing by myself on the train while in motion. This happens even when the train is somewhat packed. Again, it may seem silly to some, but hey, I am losing weight!

Sleep is also key, I found people that have successful jobs usually sleep 7-9 hours a week which is the healthiest for certain middle age persons. Older people can go with less sleep as younger children sleep sometimes more than 9 hours since they are still growing. Lastly, on the topic of this reflection and epicycle would be the idea of relief of stress by meditation. Which I found is easiest to do after a nice hot shower. Five to ten minutes a day has shown to be great

to start my day off strong. I also started to buy adult coloring books to color in with my colored pencils. I feel like a kid coloring of course, but it helps to keep my blood pressure and anxiety down.

My proposed action for this course and my project was to focus on stories and people that inspire me. Looking back at my life and the people I know show that I have a great group of people that inspire all around me. I have friends that have lost up to one hundred pounds by exercise and diet. I have seen my dad smoke cigarettes for many years, for fifty years at least (long before I was born). Well, he has been off cigarettes for the past seven years now. He had a life altering moment when he said to himself, "I need to stop" while he has done this it helps me to realize I am getting older by the day and I need to start becoming healthy and keep inspiration all around me to do so. This group of people, like I mentioned, are all around me. I need to keep my friend's and family close as much as I can by way of telephone, online messaging or (my favorite) meeting one on one. I never was one for meeting with groups of friends at a time. One on one conversations are direct and very personal, which is what I love. It also helps to self-motivate by emailing yourself things like "great job!" "you got this" and other possible profane words just for chuckles. It helps to keep happy! Music has also been a great way to inspiring myself and styling the mood in which I work, write, or exercise, even cleaning. Having music helps in so many ways to keep things going.

In conclusion, I find myself using these methods of epicycles to see the bigger picture; making new ways to help me help myself. I see what others do, and what else is out there in this world that can make me healthier. In the future I intend to build upon these straits and maybe help others in my pathway to succeeding in my goals and for others. Perhaps, as I want to be a success coach in the college setting, there are many or all of these tactics could help my students.

Russell DeLuca-Kavanagh
May 22nd, 2019
CCT_694_01
Bobby Ricketts

Reflective Practice Portfolio
Synthesis and Practicum Seminar

Throughout this semester, my final course within the Critical and Creative Thinking program involved writing my synthesis. However, a lot of peer participation and journal free writing was involved. Nevertheless, there was stages toward my synthesis that led to its completion, which would have not been nearly as strong without the peer participation within the course that was awarded to each other as classmates. This also would have not been as strong without taking the time to release my thoughts on my own free writing within my notebook.

Free writing was something we always did throughout the program of CCT program. I always enjoyed taking part in this process during classes. This course required to free-write almost always five minutes at the end of each class throughout the semester. We always wrote about where our state of mind was during these sessions. We then spoke on what we wrote about as small or big as the writing was. We were not pressured to speak about all but needed to provide something to let the class and the professor know where we were at. This always let some pressure off us as we started the class, mainly because most of us always spoke about the same pressures and overwhelming issues we all had. This was typically because we all had similar or almost exactly the same feelings or pressures of being overwhelmed about the same things. Additionally, we also were asked to write in a journal five to seven days a week, fifteen to twenty minutes each day. This was very useful to reflect on my ideas and assumptions of what to do within my project in the upcoming days. It also was great because I could reflect on what worked and what didn't. There were days I had missed and had not become consistent with my writing. I felt like it was stressful. Nevertheless, I wish I did do more of it this semester and I know I will continue sometime in my near future. I believe it will help me in my life and in my career as I use my critical and creative thinking strengths out there in the job world.

Peer participation was a vital part to my success. I had gotten so much positive comments on my ideas throughout the semester to implement into my synthesis. Many things people said to me resonated for me in my writing. Many others gave me very constructive criticism which assisted me to do more and become more efficient. The assistance of buddy groups for the entire semester was helpful especially since there was four of us. The other groups in class contained three students. It was also great how everyone in the classroom used their projects on so many different things they felt important within their lives. We all helped each other throughout the semester by emailing documents back and forth. Everyone had a certain time in class once every three weeks to speak specifically about that one person who's project it was to speak and comment about. It was our responsibility to help each other but we all were so very interested in each other and each other's success it was such a pleasure!

My final submission of my synthesis was titled "Achieving a Student's Academic and Career Success: A Personalized Reflection of Experience in Higher Education." This synthesis involved my many experiences and strengths in my life and how I have got to where I am today. It also involves my pursuit of trying to find my first ever full-time job within higher education. After a long road going for my bachelor's degree within communications media Film and Video Production, I saw myself looking back at all my experiences as a student leader. It led me to want to become a Career/Success Coach within the college setting. I took many steps in speaking with people in higher education within a higher education convention in Boston meeting many in the field and learning from some of them on higher educational workshops for those within colleges across the country. I also took it upon myself also to set up informational interviews at various colleges in the Boston area. I then spoke to many students about their educational journey. A few of them had very inspiring stories to tell. I put them into my synthesis. I then took my knowledge to another level and researched to see if many of my information built upon my experience was true. I also found out a lot about rules and regulations I did not already know. I then took that to help myself launch this career I now wanted.

In conclusion, my synthesis was greatly supported by friends, family, classmates and my professor. It was a great way to lead myself into the industry of higher education. I know have a master's degree which is required to become a success coach and I have so much experience to lead me to eventually become great at it.