**Reflective Essay Final Exam**

Introduction

During this course, English 165, I focused on the writing and research I will do throughout my university experience. I learned to explore, analyze, and inform within different academic contexts effective rhetorical strategies, structures, and media. Throughout each writing, I examined the important conventions of structure, language and reference of multiple disciplines. Academic disciplines are broadly defined areas of teaching, research, and inquiry that academics pursue. In this course, we focused on the humanities, social sciences, natural sciences and applied field disciplinaries. Within each type of writing, we used the writing process focusing on structure, language and reference. The combination of these three processes allow writing to flow in an easy manner, connect with the audience and give a string credibility to the author and information. In this course, I have incorporated this writing process uniquely in my own writings and will continues to use them throughout my college experience.

Structure

Each writing discipline requires a different form of structure that fits uniquely with the writing style. I wrote papers specific to the social and natural science field, which both required APA style of writing. The layout is separated by a series of subheadings to set apart from the different ideas within the writing. As seen in my social science, literature review, my ideas were separated into the introduction, healthy body to healthy mindset, medicine to the brain, motivation and goals, conclusion and references to allow the reader to flow easily with the paper. I created these sections to go in detail of each different area on my research about positive effects of exercise on academic performance. Separating these key aspects creates the importance of each topic, to allow the reader to follow along better with each subheading. Each section digs into the known benefits of exercise on the body, brain function and mindset. Putting the emphasis on each one of these main ideas, allows the reader to see the benefits more clearly and strongly, therefore, persuading the audience. The structure of the natural science and social science writings are highly important to connect better with the audience. If a natural science paper did not have this specific structure, the paper would not flow the same. Without the subheadings and order of information, the reader would be lost and lose connections to the importance of the topic. “The Effect of Exercise on a Student’s Academic Performance” is strongly exemplified throughout the structure of both my natural and social science paper, as structure does with all types of discipline writings.

Language

The language in writing, connects to the author’s target audience, an author can use ethos, pathos and logos as modes of persuasion, that can be used to convince an audience. For example, in my natural science writing, I reference two different colleges who used methods similar to those I was writing about. This meaning, I was arguing that colleges should require exercise in their curriculum, and I gave two colleges that were successful in doing so. This gives the audience creditability, engaging ethos, to allow the audience to see the logical choice is to incorporate exercise in colleges worldwide, engaging in logos. Along with these modes of persuasion, in a social and natural science writing, the author uses passive voice as in a humanity writing, the author uses an active voice. The active voice is used to convey ideas clearly and give credit to an author or highlight an important individual, by starting a sentence with a subject. This is seen throughout my humanity paper on “Rosie the Riveter and the Feminist Movement.” An example is seen in the first paragraph when I stated, “Rosie the Riveter was the star campaign that aimed towards recruiting female workers in the industrial field due to the men being off in war.” I started the sentence with the subject, Rosie the Riveter, to highlight the importance on her character. On the other hand, in my social science paper, “The Effect of Exercise on a Student’s Academic Performance,” I stated, “One of the biggest transitions in an individual’s life is that transition into college.” This shows the passive voice, which states the subject last. These two voices of language are important to use, in the right way, to display the format of a specific discipline, and to allow the reader to follow along.

In my natural science writing, “The Effect of Exercise on a Student’s Academic Performance,” displays language in a precise, descriptive manner. This language is highly important to give the audience an easy way of understanding the content. In the methods section of this writing, it is key to be precise and descriptive as possible because the author is explaining a study, and it is easy for an audience to not understand or follow along. For example, I stated, “On the other hand, the physical activity courses should be a variety of different activity-based classes, that can be short sessions in the on-campus rec center, that implements some form of physical activity with an instructor. For example, there can be a yoga class, a basketball class, a weightlifting class, or even a running class that students will need. To sign up for so they will be able to get exercise in on a scheduled bases to practice what they have been learning in the physical education class and get a feel of what they can do on their own.” Here, I stated a description of how the study will be conducted and the classes that will be involved, I then stated examples of each and clearly explain to the audience the procedure.

Reference

A reference gives creditability to your writing and verifies that an author used appropriate and accurate information. I every piece of writing, humanities, social science and natural science, all require the references aspect. In my natural science writing, I mention a statistic from a previous study, that states, “Therefore, over half of college students, 50.4 percent, do not meet the known recommendations of physical activity. This lack of activity has been discovered to have a direct impact on academics. (Álvarez-Bueno et al.)” This gives reliability to the author and gives the audience background information on the topic. It is important to look at old research and incorporate it to further ideas. This meaning, knowing prior information can help generate new findings of a topic, of what is not found. I looked at previous studies and found gaps in the research to creates a stronger hypothesis for my methods section. I created new information, of what society doesn’t know, to allow the audience to see the importance of why I want to proceed with my study proposal. All the references I used, are referred back to in the methods section, in the process of creating the study. “Due to the proven decrease in exercise in college, this studies comparison will show the pattern of where the students started and how they ended after wither they implemented exercise classes or continued with no requirements at all. This data will help us compare the two different concepts and look at the pattern between exercise and academic performance.” The prior research allows for the research to continue, which draws the audience in.

Developed Skills

In my writing experience, I have gained knowledge on incorporating the structure, language and reference aspects within different academic disciplines. In this course, we learned how to use each part differently according to the discipline you are focusing on. In my humanity paper, “Rosie the Riveter and the Feminist Movement,” I used the active voice to portray the importance of the topic. This shows how this specific type of language is uniquely shown in this type of paper, as it connects the audience best with the topic. Also, the reference is highly important in each discipline, and it is seen in my natural science paper, as I use past research to create new research. I reference back to earlier studies, to help the reader to know the importance of the topic, and then allow the reader to see how I address the gaps in my methods section. I incorporated my past research into the study, to give a connection, and allows my paper to strengthen. This form of reference is highly important for this specific discipline, which I learned from this course. In addition, in this social science and natural science paper, “The Effect of Exercise on a Student’s Academic Performance,” I used the strong use of structure and how it allows the audience to follow along smoothly. After writing these pieces, I have seen an improvement that I can work on. Since I have learned the importance of structure in my writing, in my humanity paper, I did not use any headings, but I could incorporate it. I believe that if I used more subheadings it would strengthen the structure of my paper. It creates a better basis of organization, which have seen to be effective in past discipline writings. As seen in these examples, I have learned to connect with structure, language and reference in different ways based on the type of discipline I am writing about.

With my developed skills from this course, I will continue to use what I learned throughout my college experience. I am a psychology major, and it is a writing heavy course and field. I will write many research papers along with conducting a study on my own. The natural science writing I create in this class is similar to those writings I will be writing in the future. I will need to use structure, language, and reference to appeal to the audience. Also, when I go into my applied field of psychology, I will continue to write research papers along with debriefing statements in a study and taking notes while talking to patients. I want to focus on child psychology, so therefore the language and structure I use will need to be based off of both a child and the adult, so it is easy enough for children to understand but also specific enough for the adult. The reference will then give me credibility with my patients and other psychologists in my field.

Conclusion

In conclusion, during the English 165 course, I have focused on different writing disciplines that will be seen throughout my college experience and applied field. I incorporated the key aspects of writing, including structure, language, and reference. Within a structure of a piece of writing, it is important to allow the paper to flow and is easy for the audience to understand. Along with the structure, the language is important to have the audience be engaged and be able to understand the proposed content. Lastly, reference gives credibility to the author. It allows the audience to trust the author, in a sense. I learned how to incorporate all these into my own piece of writings. I will continue to use this information in the rest of my college experience along with my psychology field.