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English 2010

Reflection Letter

Instructor: Erin Jensen

Upon the arrival of the end of this spring semester, I have had little time to reflect much about what I have learned so far. This has definitely been a difficult semester and I am thankful to everyone that has made it possible for me to arrive at this point, by providing me assistance, patience and understanding.

Often times I found myself talking to my professors and class peers, asking their advice and at times just venting and talking to them about life. It is important to some students to have that connection, to feel that support, and for both parties to learn from one another. I am definitely grateful for the teachers and classmates I have had and the support and feedback they have provided me with.

This learning process has allowed me to cultivate multiple skills, not just the ones that felt familiar and comfortable to me, but also the ones that perhaps I felt completely under-confident about, such as my writing. My experience of learning the English language has been a bit rough but overall smooth, it is always a great an opportunity to learn a new language.

When this learning experience took me into college level courses, I was apprehensive and nervous regardless of me testing onto English 1010, and the time I have had already speaking the language. I was worried that my writing would not being proficient enough to keep up for the 1010 and 2010 class levels.

Nonetheless I found my self being enriched with knowledge I had not been aware of before, new writing tools and strategies that I was being able to grasp and put to use through out my english assignments and in other classes assignments as well. Through the appropriate writing exercises my writing skills started to show improvement and my fears towards them have started to slowly fade away.

Through out both of my english classes (English 1010 & 2010) I was able to pick and carry on with the subject on how the fashion industry relates to eating disorders. This subject touches so many girls and young women out there, who may not eve realize it. It is interesting to hear young women talk about loosing weight, or their physical appearance in a disappointed manner, and even thought at times there is clarity to realize that there is something going on, there are other times when the images and beauty expectations of our society may blind all of us.

Prior to coming to this country I was somewhat oblivious as to what role the physical appearance of a girl played within that girl's life. As the years went on the pressure to look better and be thinner started to affect me. I may not be a victim of eating disorders but this subject is close to me in the sense that I do struggle with my self esteem, depression, physical appearance and self acceptance; and while this struggle has taken place for many years of my life, I can only imagine the struggle that every day brings to girls who suffer form eating disorders.

It has been fulfilling to acquire and sharpen new skills, and also to learn more about a subject that is close to my life. I certainly hope that after completing my English classes I cannot only remember all that I have learned but also put it to good use in other areas in my life.