## Research Critical Analysis Reflection:

From our final essay in class I was able to research many different articles and dig deeper into the books of the author I had chosen. When we read books we usually do it on the surface, not really figuring out the deeper meanings or hidden messages the author is trying to deliver, however through this assignment I was able to extract lots of valuable information. Not only did I learn more about the authors reading style but I also learned more about myself and why I am attracted to these specific books. Throughout the essay I looked at several passages about the effects of loss and trauma, it was so interesting to learn about something so personal that can completely change our lives. I've personally never had to deal with a tragedy, so seeing how other people handle their own issues is very compelling to me. I expected the RCA to just be another paper I've written, full of facts but not real emotion. I was totally in the wrong, I was really hooked on everything I was obtaining from my research, might it be how resilience defines us or how our mistakes don't. Furthermore, writing the actual paper was an actual struggle. I thought I was on the right path and then it turned out I wasn't so that really made me doubt myself and put the essay off. It was such a let down, but I had to stop thinking negatively and focusing on how I could improve my essay. Once I decided to sit down and face my mistakes it was such a relief, I knew how to fix them and honestly my end product made me so proud. Even if it isn't a perfect 100, I feel satisfied with my growth. Overall, I really liked this assignment, I think it was the best essay prompt in the class and I'm glad I was able to explore one of my favorite authors and books I adore.