

Refection Essay

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Abstract

In this essay, I will discuss how much the class has helped me develop my understanding and views on the multidisciplinary learning style. I will utilize our readings and how they helped me better understand how intricate and essential multidisciplinary studies are. I will also use my experiences in this type of learning to get my Degree in Leadership with a Minor in Management. I will also talk about my experiences here at ODU and my plans for the future.

Reflection

This semester at ODU has genuinely opened my eyes to the importance of a multidisciplinary learning style. I am currently pursuing my bachelor's in Leadership, which uses the multidisciplinary learning style. Before this semester, I never really understood the meaning of an interdisciplinary degree. This class gives me a better knowledge of what my Degree involves. The term multidisciplinary means "involving two or more academic, scientific, or artistic disciplines." (Moody, 2020). It explains the process of using different disciplines to teach about one subject. Academic Discipline "is an area of study commonly taught and researched by higher education institutions such as universities and colleges" (Spacey, 2022). I am currently taking Leadership courses but also Management courses. There are also Physiology classes that are part of my major. All of these are helping me understand what Leadership truly is and its role in the world. This is what multidisciplinary is at its core.

I have learned that the multidisciplinary style of Leadership is still relatively new and is getting used by more and more colleges around the US.

Many companies hire these students to take this type of Degree because it produces a more well-rounded employee. Interdisciplinary studies "requires developing the abilities to make connections and integrate information from multiple sources, and engage in effective ways of making decisions and solving complex problems. Interdisciplinary studies help us develop these abilities." (Keestra & J., 2017)

In my time at my job in the Continued Care Industry, I have learned so much about how it is run, and this has helped me immensely in my quest to move up the ladder in the organization I work for. Learning each of the parts that made up the continued care industry truly helped me learn and enjoy my role. This is another way to look at a multidisciplinary learning style. I have also used this learning type to teach those I train at work. It not only helps them to understand what kind of impact they are making in my organization, but it also helps them to understand their job. This way of learning can also be used for research.

The most significant article that helped me to understand Interdisciplinary studies was "*6 Attributes of an Academic Discipline*" by Joshua Kim. It really describes the critical components of what an Academic Discipline must have. Examples given in the article are that the disciplines have a particular object of research, a body of accumulated specialist knowledge, theories and concepts, specific terminologies, specific research methods, and institutional manifestations. (Kim, 2018) This really does help to explain what Interdisciplinary research encompasses and puts it into

perspective for people like myself, who are just now learning about this type of research.

After finishing a few classes at Blue Ridge Community College, this is my first semester back in a four-year Institution. It really made me nervous when I saw the course description and looked at classes for this semester. I have not written an actual paper since I was in high school, which was back in 2007. This class has helped me become a better writer and will help me continue getting my Bachelor's and Masters. Surprisingly, most of my upper-level classes are many writing-intensive courses. This class has helped me write my papers for my other classes, even though the other professors don't give as much feedback.

One of my courses is a leadership course about The Foundations of Leadership is quite an intensive writing course, but it has helped me better understand what Leadership is at its core. It is part of the multidisciplinary studies course that ODU offers. The use of many different areas of study has helped me to understand it even more. Not only do I take leadership courses, but also management courses that have helped me to understand the differences between being a leader and a manager. The two don't always go together and you can be a fantastic manager, but not a great leader. The classes I will be taking at ODU will set me up for success by helping develop me into the leader I truly want to be.

The classes I have taken here at ODU are setting me up for success in my career field and my personal life. It has helped at home by teaching me better ways of talking with my family and being more of a mensch-style leader. A Mensch style of Leadership is "...a person who makes us feel good about ourselves. It's the type of person with dependability and authenticity; they're optimistic, generous, and appreciate others; they earn our respect without demanding it." (Martinuzzi) That is also a term I learned in my classes that has significantly impacted me. The time is new to me and describes the type of leader I want to be. Every day I try to positively impact not only my employees but the residents I am in charge of. I lead by example and listen to people's ideas and issues. I make sure that they are heard and that they matter to the organization. This lets them know that I care about them and their professional development. They aren't just another employee that does not matter, but an intricate part of an organization.

In conclusion, I enjoyed the Interdisciplinary class I have taken and have learned so much about the type of Degree I am studying at ODU. I plan to utilize this type of Degree and choose as many different types as possible of disciplines to learn more about Leadership. The feedback I have received from this class has set me up for success in my other classes. All the lessons I have taken this semester excite me for next semester. Almost all my courses will be writing intensive, and because of this course, I will now have the tools for my success. I plan to utilize my education at ODU to advance the ladder of my organization. It requires a degree, but I think I will put

myself ahead of my peers by choosing a multidisciplinary degree. ODU is vital to this process, and I am proud of the Degree I will receive.

References

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