

FINAL REFLECTION

The skills I have learned in this reflection helped me develop through coursework's in technology, design, writing, and research. These experiences strengthened my communication, teamwork, analytical thinking, and technical abilities while preparing me to apply what I have learned in real-life situations. This reflects an integrative learning approach, where knowledge from multiple disciplines is combined to solve complex problems (Geneseo). As I built my e-Portfolio, I followed strategies from the readings by first creating a folder and collecting a wide range of artifacts, including projects, achievements, and meaningful experiences (Meade).

I focused on including strong, "bragworthy" work and visuals that highlight my skills. Throughout the process, I asked, "What is the purpose of my portfolio?" and "Who is my audience?" to guide my decisions. I also applied design principles contrast, repetition, alignment, and proximity (C.R.A.P.) to create a clear and professional layout (Meade). Creating this portfolio has strengthened my online presence and ability to highlight career readiness. Research shows employers value candidates who can demonstrate their competencies effectively (Meade).

TECHNOLOGY SKILLS

Design Challenge

Throughout this assignment, I challenged myself with problems by using a mix of trial-and-error, research, and iterative design. When I started building my game prototype in Unreal Engine 5, I did not have much experience with game design software, so I depended a lot on tutorials and firsthand experimentation.

Project planning and time management allowed me to break the game down into manageable parts like story, mechanics, environment, and prototype. This approach, like what I used in Excel or other software, helped me learn Unreal Engine more effectively by spotting patterns, following processes, and solving problems. These skills for my career goal of working in the gaming industry are important because employers are always looking for candidates who can design creatively and execute technically. In today's innovation-driven economy, success depends on developing and applying new ideas, technologies, and processes (Atkinson). I realized that my biggest obstacle was not the software itself, but my tendency to aim for perfection too early in the process. I struggled with letting go of overly complex ideas, but simplifying my design helped me make real progress. This experience changed how I approach projects, showing me that completing a functional version is more valuable than chasing perfection.

Capstone Project

I reflected to Helen Barrett's multimedia development process, decide, design, develop, implement, and evaluate, alongside her reflective framework of "What? So what? Now what?" (Barrett) for this artifact. This approach is also connected to the Week 5 readings, which emphasized recognizing and building on personal strengths. I faced this capstone project by dividing it into distinct stages: brand research, concept development, visual design, and final layout.

By understanding customer experience, my project layout and flow planning show how I considered how customers navigate and engage with the space. I realized that translating a brand into a physical space required more strategic thinking than I initially

expected. I struggled with balancing creativity and functionality, especially when considering customer movement and layout when I created the store front window. This pushed me to think more like a designer who considers both aesthetics and user experience. These skills acquired from this artifact are career readiness because employers seek candidates who can not only design creatively but also think strategically about how designs influence user experience and sales.

Excel Spreadsheet

I did not have an artifact from another class, so I am using an example from a real-life assignment completed in my role as a reconciliation accountant. I tackled the problems in this assignment by taking a structured and analytical approach to align financial data and spotting any discrepancies. The main job was to go over fund accounts, check balances, and see if any reclassifications were necessary. To understand the process, I relied a lot on Excel tools like PivotTables and formulas. I used functions such as XLOOKUP to extract and match data from different sheets, which helped ensure my analysis was accurate and efficient. I sometimes struggle with organizing large amounts of information but breaking it into sections helped me think more clearly. This process needed a lot of attention to detail, patience, and multiple checks to make sure the final figures were right.

Understanding the accounting principles helped me grasp fund accounts, financial classifications, and the purpose of reconciliation. These skills are needed for my career goals, as employers seek candidates who can manage financial data accurately and use tools like Excel effectively. Job descriptions often outline both required qualifications and

responsibilities, emphasizing the importance of technical and analytical abilities (Purdue). Additionally, hands-on experiences like this can strengthen my qualifications and make me a more competitive candidate (Meade).

ANALYTICAL THINKING

Culture Project

Working on this project helped me become more confident in researching and breaking down complex information so I could explain it clearly, just like my capstone project. I approached this project by dividing it into sections according to the assignment guidelines: geographic location, cultural beliefs, cultural characteristics, cultural issues, and cultural influence. This organization helped me keep everything in order and made sure I covered each aspect thoroughly.

My research and writing skills were crucial in helping me collect information, present it clearly, and break down complex ideas in an organized manner. I applied critical thinking and problem-solving to examine how various cultural factors affected each other, like how religion shaped behavior and clothing choices. These skills are important for my career aspirations, as employers in the gaming and creative fields look for individuals who can research thoroughly, think critically, and turn ideas into engaging, realistic content, as well as present themselves professionally.

Postpartum Depression Term Paper

Through this project, I improved my ability to research across different fields, analyze information, and bring ideas together to better understand complex real-world challenges like postpartum depression. I struggled to narrow such a broad topic; however,

using a structured research process helped me remain focused. I addressed this challenge by applying the research framework from my IDS300W course, specifically the “10-Step Process of Disciplinary Research” page 8 of the artifact, which allowed me to break the assignment into smaller, manageable tasks such as selecting disciplines, conducting research, comparing perspectives, and synthesizing findings.

In that class, we primarily focused on developing critical thinking and analytical skills, which helped us evaluate different viewpoints and assess their strengths and weaknesses. Exploring concepts such as psychology further enhanced my understanding of mental health, emotional regulation, and the ways hormones influence behavior. These abilities are essential to my career goals, as employers often seek candidates who can analyze complex problems, work across disciplines, communicate clearly, and design solutions grounded in human experiences. This project highlights my ability to address challenges comprehensively and develop thoughtful, research-driven solutions.

Team Project

This project comes from my Design Thinking for Leaders course (CPD414), where I strengthened my ability to collaborate effectively within a team to address complex challenges. Initially, teamwork was one of our primary obstacles; however, as our collaboration improved, we shifted our focus toward understanding the assignments. Each team member gathered feedback from real individuals about workplace communication, and we organized these insights using an empathy map as part of the assignment.

Design thinking principles guided our step-by-step problem-solving process. I worked through real teamwork challenges, contributed to a shared solution, and stayed

fully engaged from early research through the final presentation. This experience enhanced my collaboration, communication, and user-focused problem-solving skills. Strong teamwork involves cooperating with peers, contributing ideas, taking responsibility, and respecting diverse perspectives and backgrounds (Purdue). This career readiness skill is important because Employers value teamwork because most work environments require individuals to collaborate to achieve shared goals efficiently.

WRITING

Self-Development Plan

This project displays my strengths in clear writing and tone adjustment for academic and professional settings. I learned to organize ideas using an academic format, including abstracts, focused paragraphs, and research-supported arguments. A key challenge was making abstract ideas like “global mindset” more practical using keywords, which I resolved by dividing the concept into intellectual, psychological, and social capital. I reflected on my own experiences, such as collaborating with coworkers or helping to resolve conflicts.

Through this self-reflection assignment, I assessed my strengths and identified opportunities for improvement. My strong communication and interpersonal skills, particularly in building relationships and resolving conflicts, play an important role in team-based environments. Employers highly value self-awareness and dedication to continuous personal and professional growth. These qualities directly support my career goals, since job postings consistently emphasize the need for professionals who can communicate across cultures, adapt to change, lead teams, and build strong

relationships. This reflects a broader challenge of leadership, one that requires innovation, learning, and adaptability. As Atkinson notes, success comes from leaders who are willing to challenge existing systems and implement forward-thinking strategies that promote growth and progress (Atkinson).

Problem Solution Essay

I selected this assignment for reflection due to a mishap in my current IDS493 course. This reflection demonstrates my growth as a writer, particularly in expanding my vocabulary, maintaining focus, and sustaining a consistent tone like my self-development assignment. This work challenged me to continually improve clarity, reduce repetition, and enhance reader engagement. For this assignment, I explored a personal, real-world issue: my struggle with insomnia. I analyzed the problem by examining various attempts and solutions, including sleep medication, counting techniques, lifestyle changes, and exercise routines. Through this process, I found that many of these approaches were either ineffective or introduced new challenges.

To better understand the issue, I relied on a combination of research and a trial-and-error approach. Employers value adequate sleep, strong writing skills, and effective problem-solving because they directly impact performance and productivity. Getting enough sleep improves focus, decision-making, and emotional regulation, helping employees work efficiently and manage stress.

Digital Poster

This assignment comes from my English 307T course, which focused on developing stronger writing skills in an online environment. I began the project by identifying the main

objective: to visually communicate the fundamentals of effective digital writing. Rather than simply summarizing course content, I was required to translate complex concepts into a clear, engaging visual format. To accomplish this, I broke the project into several stages, including research, theme development, layout design, and refinement. Studying digital writing and rhetorical theories helped me understand how audiences interact with and interpret online content.

These skills are essential to my career aspirations, as job postings frequently emphasize the importance of visual communication, user-experience design, creative thinking, and effective audience engagement.

In conclusion, Interdisciplinary studies have enabled me to develop a broad and versatile skill set by integrating knowledge from multiple fields, including technology, design, writing, research, and leadership. Interdisciplinary approaches and theories were essential to my learning because they allowed me to view problems from multiple perspectives and connect ideas across topics such as insomnia, self-awareness, teamwork, creative software use, and innovative, out-of-the-box thinking. The importance of my coursework lies in how it prepares students to become effective leaders by integrating knowledge from all classes, demonstrating my ability to manage not only myself but also real-world scenarios.

Employers highly value interdisciplinary thinkers who can combine technical, creative, and analytical skills to develop innovative solutions. By strengthening my ability to think across disciplines, I have become more adaptable to change, more effective in collaboration, and better able to apply my knowledge in meaningful ways. Overall, my

academic program has equipped me with the skills and perspective needed to succeed in a workforce that is continually evolving and driven by innovation and leadership.

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