

## Research (Interdisciplinary Theory and Concept)

Interdisciplinary Theory and Concept is a writing intensive and research-based course offered here at Old Dominion University. The course allows students to do in depth research and analysis of various topics that are yet to be solved by researchers. These topics which are known as complex problems have to be addressed from an interdisciplinary sense. If a problem can be solved by one single discipline, then that problem does not fit into the category of complex problems. As a student, I had to conduct intensive research studies just to identify a problem that experts and researchers failed to agree upon. Once I identified that problem, I had to tackle that problem from an interdisciplinary sense where I integrate multiple disciplines together in order to form a concrete or comprehensive solution.

Work I had to produce consists of weekly workshops and a final in-depth research paper on a complex problem that is yet to be solved. The workshops were assignments that were created to help students understand each step of the interdisciplinary research process. This means that a workshop would focus on how to identify a problem while another would focus on how to select relevant disciplines. For the research paper I produced, I choose solitary confinement as a complex problem that is yet to be solved. I chose this problem because scholars' views are mixed where there is not a concrete solution. The disciplines I chose to determine the effectiveness of solitary confinement were psychology, sociology, and economics. Psychology focused on the mental illness of inmates, sociology focused on the behavior of inmates from being exposed to solitary, and economics focused on the cost of solitary confinement to see if it is effective.

I have developed and enhanced a variety of skills throughout my time in this course. Skills such as problem solving, planning, and organizing, and the ability to take constructive criticism. A fundamental part of the course is about problem solving. I had to identify a problem, define that problem, and come up with a solution that would properly solve the problem. The course also took a lot of planning and organizing. I had to plan days strictly for research as well as planning days to write my research paper. In terms of organizing, I broke my research into smaller pieces and tackled those pieces individually. This also helped reduce stress. Lastly, positively taking constructive criticism is a skill I have developed. My professor would often take the time out to provide feedbacks after a workshop or paper draft submission. I used those feedbacks to my advantage where I spent a considerable amount of time correcting those errors.

A long-term goal of mine is to someday develop strategies and methods to combat some complex cybersecurity problems that we see in the world today. In order to do so, I must be knowledgeable on how to identify a cybersecurity problem and be able to identify disciplines that should come together in order to provide a comprehensive understanding. Such problems would need extensive planning and organizing as well as listening to positive criticisms from peers in the cybersecurity field. I believe my time in Interdisciplinary Theory and Concepts have prepared me for that journey.