

During my completion of Psychology 395 - Integrative Learning, not only did I get the chance to design a research project, but I also got to see how different areas of psychology can weave together, beautifully complimenting each other. Further, I got to see first-hand just how much work goes into scientific research. After seeing all the work that goes into research, I have the utmost respect for those who work tirelessly in the pursuit of knowledge. Me and my team designed a project that examined social media and body image. Especially with technology and social media on the rise like it is, it is incredibly important that researchers have an accurate understanding of their relationship. We did research of previous studies, designed a sample, wrote a questionnaire, calculated the statistics, and finally, wrote up a report. It was incredibly valuable to me, not just because I got the experience of designing a project, but it was a group project, which taught me valuable lessons about how to work in a team. My work was not only affecting my grade, but the grades of others. This class should be included towards the 'Research' portion of the LeADERS courses because it gave me a hands-on, enriching, and resume-building experience.

The class also required that I create an ePortfolio, here's the link: <https://sites.wp.odu.edu/briannasheppard-psyc395/>