Courtney Chominski. Final Reflection

After finishing my project I was really surprised about how much information I learned about clinical depression. I learned that clinical depression is often called major depressive disorder, major depression, or simply depression; all of the names mean the same thing. I learned a lot about the causes, treatments, and symptoms of clinical depression. All of the information I learned was extremely interesting and some of the information I found was very surprising to me. I was very surprised when I learned the depression affects both the mind and body of a person. I have always thought that depression only affects a person’s mind. I was also surprised to find out that depression is a complicated topic to understand. Before I research my topic, I thought that there wasn’t going to be much too it. I simply thought it was a mental disorder that made people sad. As soon as I began my researched I was proven wrong.

This project taught me how to write from different perspectives. Some of my genres included perspectives from a victim of depression, a mom who lost a daughter from depression, and a psychologist who specialized in depression. I learned how to change my writing style to match the person I was trying to portray. I learned that certain words and writing styles were appropriate to use for one character but may not be appropriate to use for another. I had to adjust my writing styles based on my character I was portraying. However, I found it very difficult to take on the role of another person and write from their perspective. It was very difficult for me to write from a depressed perspective; I found myself spending the most time on my genres that were written by my character, Lauren, who was suffering from depression. Every time I wrote something from Lauren’s perspective I felt as if the mood was too happy to be written by a depressed person. I found myself rewriting Lauren’s writings over and over again. I decided when I was in a bad mood I was going to write my genres that had the depressed perspective. This strategy actually worked and helped me right in a more depressed way.

In the future, I am definitely going to use the multi-genre project with my students. The multi-genre project was a really fun and interesting method to learn about a particular topic. I feel as if my students will want to do this project and enjoy doing it because they go to pick their topic. I feel as if students do better on projects that they have an interest for. This project will also teach my students how to perform research properly, how to write from different perspectives, and how to become very knowledgeable about a topic.