

Senior Project Reflection

The senior project is an intimidating project for all students. Some are so frightened by it that they even leave their senior year to skip out on it. I came to EdVisions as a senior not knowing a whole lot about the senior project presentations except that it was extremely long and requires all of your sweat and blood. Although I was intimidated by the thought of it, I was more excited to spend so much time learning about a topic that was so intriguing to me; the medical field. I narrowed in on one specialization which was Plastic Surgery. Within the Plastic Surgery topic are many more subtopics that I was excited to uncover. Instead of feeling nervous that I wasn't going to be able to meet the requirements, I was overwhelmed with all of the grand ideas floating around in my head that I wanted to pursue. Of course in order to make this project work I had to take a lot of time planning my course of action and what would be the most important to research.

From the presentation I gave at the Spring Celebration it was clear as to what I was most interested in researching. I had covered topics including: skin formation and complications, the history of plastic surgery, psychological aspects included in plastic surgery, wound healing, nutritional effects on skin and what it takes to become a plastic surgeon along with my college search. Even though I had plenty of information to

give during my presentation unfortunately I had a few things that I had to leave out due to time limits.

One thing that I was most upset to leave out was the skin care trial I had performed. After researching natural foods to use for making healthy skin products I picked 5 contestants to help me out, each with a different skin type: normal, dry, oily, aging/mature and acne prone. Each tried 3 different home made facial masks, an exfoliant, and toners that I had made. For the most part the natural fruits used had benefits for each skin type. This is probably because fruits contain so many powerful nutrients that can be beneficial for skin in more than one way. The exfoliant was everyone's favorite product since it left our skin feeling extremely soft and supple, washing away all of the dead cells. The trial was a success and everyone agreed that they would continue to use at least 1 of the products.

By the time I had finished shadowing the nurses/doctors at the hospital and taking care of my aunts wounds I was certain that a surgical career would be right for me if not specifically plastic surgery. The staff that I had met even noticed how intrigued I was with the environment and my ability to catch on so quickly. No matter what type of surgery one is performing the skin is involved and it is important to know every aspect of it. There are still so many details that I will be able to learn about concerning skin, psychological aspects of surgery and different surgical

career paths that I cannot wait until I attend UMR in the fall. Not only did this research project make me more certain in my career choice and allow me a real world experience but I also believe that it helped me achieve a spot at UMR and the other schools I was accepted to in that it allowed me to demonstrate my ability to discipline myself into learning something that I am truly passionate about.