

Self-Reflection

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1. Topic Selection Process

At the first lesson of Abnormal Psychology, Anna gave us some topic to choose.

There are two topics are my favorite. My first choice is substance use and addictive disorders, which disorder our group finally presented on the class. The reasons I select this topic are followed. First of all, I used to hear stories about US Army using Amphetamine in Vietnam War and NAZI soldiers addicted to drugs and alcohol in World War II. I am a big fan of military history, so these stories attract me so much. I wonder how drugs affect human behavior and the world we live now. Second, I am a fan of an American series, Breaking Bad. This series' storyline is based on a high school chemistry teacher who makes Methamphetamine to earn money for his family. Another reason I want to talk about is my father has had a good friend, but now because he addicted to drugs, his wife and son left him. He is in a difficult life. I hope I can find some way to know and help people like him. Because reason above all, substance use and addictive disorders are my favorite choice to do some research and present to our classmate.

I love this topic so much. I hope I can provide everything I know to my classmate. In my opinion, there are many things we should talk about in our presentation. Maybe that's the reason cause our group exceeds the time limitation.

2. The Preparatory Period

2.1 Research Process

Our group divided this topic into two parts, the first part is Substance addiction in ancient China, the other is this disorder's Current Situation in China. In our discussion, I propose an idea about Five Minerals Powder, an ancient Chinese drugs used in the Six Dynasties (220–589). I thought this is very interesting for our class, so I took responsibility for this part.

The biggest problem I met in the period of preparation is that the file I can find is written by classical Chinese, but I have delivered my presentation in English. What's more, I have to prepare some proper nouns about minerals and traditional Chinese medicine. They are hardly used in our daily life and difficult to be pronounced and recognized.

2.2 Teaching Technology

I think I can do better in teaching technology if I have to make the presentation the next time. First, our slides contained too many items, and some of them are not such important to be put. So it is, like Anna said, "ambitious" for us to finish this presentation in 30 minutes. So I guess the next time our group should reconsider how many slides is proper for the time limitation. Second, I didn't do rehearsal enough times, so time control was difficult for us when standing in front of dozens of people. In fact, I know the importance of rehearsal. But I finish my slides on Tuesday morning, the time I can reserve for rehearsal it, again and again, is limited. I think I should finish the slides earlier, maybe 48 hours is a better choice.

3. Interaction with My Partners

My partners were assigned by our teacher, but I think all of them are good. I have to express my greatness to all of them. We prepare 4 parts of contents to be presented,

and as other groups, each of us responsible for one part. I proposed the idea about Five Minerals Powder. So I was in charge of some Chinese ancient substances, which all materials written by ancient Chinese, which made me have to translate it into English by myself.

After we finished our part, we compiled them into a whole. I think this way of work leads the biggest problem of our group, which is time control. We did not have enough time to do rehearsal together. All of us think our part is important and hope can deliver to teacher and classmates. But in fact, it is impossible. Another problem we met is some contents we did not separate our responsibility clearly, especially what teacher told us on a week before our presentation, such as Opium War and its effect on Chinese people and government to drugs. We did not well balance the weight of it and what prepare before.

I think at the next time of our cooperation, we should increase the times we met and talk to each other, no matter online or offline, instead of working by ourselves alone.

4. The Final Presentation

In my opinion, our presentation was a bit like "Cross-Cultural Abnormal Psychology", so what important for us is provide something different about substance use and addictive disorders in Chinese view. I think our group did a good job from this perspective. We prepared some very interesting and high-density knowledge, hoping they can expand the eye view of whoever listens to us.

But as what I have written before, our time control can be improved next time. In fact, we did something to save our presentation. For example, I am the second one to speak, so I asked myself to finish my part right on the halftime, which made me only have a few minutes to express what I want to say. What's more, our group remind

each other of how much time we have run. But all efforts we make in class was only like "Afterwards remedy", we should have done it better earlier, such as do some rehearsal together before class.

I think this presentation is the most challenged one in my life. Not only it had to be made in English, but the things I wanted to express was far from our life, so I have to find some way to make it clear. But it can be a very important training in my bachelor life. As I know, our Undergraduate Thesis Defense will only give each of us 5 minutes to say our own research, that must be too short for everyone. So the ability to say something clearly in short time is important in future. I hope I can do better in next time. Improve my voice, pronunciations and speak it at an appropriate speed.