8A Media Piece: Data Collection Reflection

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Data Collection:
During the course of this term I have been measuring a variety of body parameters, specifically in the form of activity level, sleep schedule and consumption of fruits and vegetables.   My fruit and vegetable consumption data was just a tally of all the times I ate a fruit or vegetable whilst my sleep schedule was monitored via recording the time I went to bed and then woke up (I generally wake up by alarm so when I go to sleep should be more variable). Finally, I measured my activity level using a boot leg fitbit watch which would track my steps taken in a given day.

Ethical Considerations:
My data collection only really involved me as a test-subject so I'm not too worried about any potential abuse of myself as a test subject. Foremost in terms of being ethical, I think I should be careful in my analysis of my data and not jump to any conclusion given the great limitations of my data collection. For one there was only a sample size of one, which was me, and the environment in which I was recording data was in a state of self-quarantine so getting lots of physical activity via walking would be relatively difficult.

Reduction of Bias:
While practicing self-care is important I should interpret the data I have collected as objectively as I can. For instance if I find that in general, I wasn't very active I should report that in my final data collection writeup. While I would obviously prefer that my bio parameters showed healthy behaviors if that's not what the data shows I should accept that and try and analyze the causes for why my bio parameters weren't as great as I may have preferred.

Peer Review:
Peer review could relate to my data collection in a variety of different ways. Foremost, recommendations for improvements in methodology would probably make future data collection projects more accurate. Additionally understanding how to actually interpret data results (i.e. statistical analysis methods) could be critiqued or validated by others looking at my data (e.g. to see if there's a calculation error from my results).
        I suppose I could actually incorporate some aspects of peer review through having some friends of mine actually look over my work as see if they spot any glaring errors or see if they have any pieces of advice for how to improve my work (e.g. what type of calculations to perform or what types of visualizations to opt for).