**Reflection**

After taking this class I have most certainly noticed things within my day-to-day life that I never really paid attention to. I think the biggest one is the potential energy a human body really has in many ways. As an example, just a simple jump or maybe possibly throwing a ball. Something we do could just use a very simple movement, but the energy could be transferred from one motion to the next. I wouldn’t say I have changed anything with my new understanding, but it has opened my eyes to what is happening even if I can’t physically see it.

The most significant concept that I learned this term would be conversions. I understand it’s not really a concept in physics, but I really feel that it is the most important thing I learned. Living in the United States and using a completely different system than the rest of the world could be difficult depending on your line of work. Conversion could end up being extremely important if not for converting itself, but possibly just for self-understanding of what someone could be meaning. Nothing of my understanding really switched but grew.