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**CILE 101 Reading and Reflection: Prep for Week 7 Discussion**

Read and reflect upon chapters 4 & 5 of the book. What information did you find the most useful? Do you have any personal experiences or additional insights to offer on this topic?

I find it interesting that smell has such an influence on one’s memory and information recall. It makes sense logically but I feel like it is not very useful in a school setting because it is unlikely that you can recreate the smells of where you study. Also, recognizing patterns is something that everyone should try to do as often as possible. Being able to recognize patterns will help strengthen your problem solving skills and make many things make more sense as to how they work.

What are your learning goals for your upcoming co-op term? From what you have learned from others (upperclassmen, co-op managers, professors, etc.); are your learning goals realistic? If you have already had one co-op term, what will you do differently this term, to have an even better learning experience?

If you are still seeking a co-op job, what is your plan to ensure a successful search?

I am currently just looking for a place to live for my co-op, and once that is done then I will likely set some things as a priority. I plan to stay as healthy as possible so joining a gym in the area is very likely as well as finding things to cook that are not too difficult and are cheap. I see a Crockpot in the near future as that will help with meals that are quick and ready to go when I get home from work.