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12/1/18

FYI: Great Lives

### FYI: Great Lives Reflection Paper

Throughout my Fall 2018 semester in FYI: Great Lives, there were so many different things that I did from class activities to class discussions, some of which I really enjoyed doing a lot. What all of these different things were that I did throughout the semester were reading assignments both from books, handouts, and on Blackboard, some videos on Blackboard, activities, the collage assignment, the research project assignment of a great but not so famous person of choice, all the large group session meetings that we had in the science lecture hall, watching and writing a reflection on the movie Hidden Figures, all the TED Talks on Blackboard, the Fuller Village Event, the MBTI test, class discussions, and presentations.

Out of all the different readings that we did in class in handouts, books, and on Blackboard as well, the two readings that I liked the most were The Immortal Life of Henrietta Lacks and On the uses of a Liberal Education in the Hands of the Restless Poor. The reason I liked The Immortal Life of Henrietta Lacks is because I found it really surprising as well as interesting how Henrietta Lacks' cells changed the world and especially medicine as well. The reason why I liked On the uses of a Liberal Education in the Hands of the Restless Poor is because I found that what the main point of the

whole reading was about which was how people can use a Liberal Arts kind of education to help them overcome being poor to be really interesting, amazing, and inspiring as well as the kind of program that it was and how it helped them overcome it and also what it's specific purpose was and how it was set up as well for the students doing it.

Out of all the different viewing items that I was assigned to watch for class, the two viewing items which I liked most were the movie Hidden Figures and the two videos on Blackboard about Malala being interviewed by Diane Sawyer as well as John Stewart. The reason why I liked Hidden Figures is because I found it really surprising as well as interesting to see how the three women who were the main characters of the movie were treated in the workplace during that time because of their skin color, how technology back then differed greatly compared to today, and also how the final space mission turned out as well. The reason why I liked the two Malala interviews is because I found it really surprising and shocking how she ended up getting shot but amazed as well as even a little bit surprised how she ended up surviving that really tragic incident.

For the Collage assignment, out of all the different areas in my life of what I did and what I have, the particular things that I chose to talk about in my life for my collage is that I did rowing in my senior year of high school where I participated in several regattas, I play the piano and have been playing for six years so far where I participated in several recitals, I have been skiing for fourteen years, was on a ski club, and went skiing in Minnesota as well as out west, was on the swim team in middle school and my best move was breaststroke, I had a dog whose name was Sherlock who unfortunately

passed away on September 14, 2018 at the age of 11 ½, and that I was born in California where I then moved to Minnesota and also have a younger sister who is in 12th grade this year. I would say overall that I really liked the collage assignment because it made me get to know my classmates better with some stuff they did throughout their lives compared to mine, what their particular interests are, and also sharing some stuff about my life to everyone as well so they can get to learn about and know me better.

For my research project, out of all the different choices of great but not so famous people that we were given to choose from to research and write a paper on, the person who I chose to write about and research was Pierre de Coubertin. The reason I chose him is because of the particular significant contribution that he did which I found really interesting and wanted to learn more about.

For all the Large group sessions that we had in the Science Lecture Hall, there were many different topics that each of the professors talked about by also giving something from their own experience in their life as well that relates to the topic they discussed where we were also given a sheet of paper where we wrote down something throughout our lives with that particular topic. What my two favorite topics were that the professors talked about was what a mentor is which is where I said in my response that a mentor is someone who helps others by answering questions, thinking of solutions to help you accomplish and achieve your goals, and also teach you new things and learn new skills. Also, what I said for the person in my life who I considered a mentor is my parents because they helped me through all my tough times and also helped prepare

me for this next chapter of my life as well. My other favorite topic that we did at another Large group meeting is describing what kinds of characteristics a person has who overcomes obstacles, describing one person in our lives who overcame their difficulties, and lastly, we watched two videos of people who overcame obstacles in their lives and compared them to the person that we described in our lives. What I said for the different kind of characteristics that I believe someone has who overcomes different obstacles in their life is someone who takes risks, is not afraid to fail, wants to try the best they can at everything, and is open to trying new things all the time. The one person in my life who I said that overcomes difficulty is my mom because she told me that for the job she has, she sometimes has to give presentations and tries to use certain strategies to overcome all her fears both before and when she gives them. The way that the two individuals in the two videos that I watched had in common with my mom is that they were able to overcome the different illnesses as well as injuries using the certain resources that they had as well as strategies to overcome them. I would say overall that I really did like all the Large group meetings in the Science Lecture Hall because they really made me learn a lot about myself, the different professors and all the great things they did throughout their lives, and also the lives of others relating to the topics they discussed to us through the different videos that I saw.

For all the different activities that we did for our class, one of my favorite's was the Fuller Village Activity. For the Fuller Village activity that I did, there were three people that I ended up interviewing who were Dr. Alan Revering, Blossom Glassman, and Linda Friedman. Out of all the different questions that I came up with to bring to the

activity, a few of them were what did you do throughout your life that made you successful?, what do you think it means to live a great life?, and what makes people great?. Out of all the different responses that each of them gave to me for these three questions, what they said in response to my first question of what they did throughout each of their lives that made them successful is by paying attention to other people and also becoming successful by not beating other people to something but working as a team to accomplish it. What some of the responses that they gave to my next question of what they think it means to live a great life is having a life of service and a life that makes the world better and also really having to get to know thyself and who you really are as well. Lastly, what some of the responses were for my other question of what makes people great, they said that what makes people great is what you do and why you want to do it. I would say overall that I really enjoyed the activity because it gave me a chance to learn about what it really means to live a great life, some of which I might use for shaping my own future as well.

Another activity that I really enjoyed doing as well in FYI: Great Lives is the outdoor activity because it gave me a chance to talk to and get to know some classmates that I never talked with and hardly knew before, helped boost my confidence a little bit as well with talking to others and also in front of the class as well, and got me more familiar with the Curry College campus.

What I learned about myself throughout my time in FYI: Great Lives mainly from all the Science Lecture Hall meetings as well as from how I have done in the class and also my decisions that I have made is that I'm really kind, I have a great family who

really cares about me and wants me to succeed, I always strive everyday to do the best I can, always ask questions whenever I'm unsure about how to do something, and always make sure to use and take advantage of the resources that Curry has to help me with what I need help on as well.

The way I will apply what I have learned from my experience in FYI: Great Lives for my future classes at Curry is that I will use all the different kinds of stuff that I have learned how to do from this class mainly from all the ten modules on Blackboard and use them to help me in my future classes at Curry when I have to do stuff such as write a paper that requires research, uploading an assignment to my e-portfolio, and how to use my sources properly with proper citation whenever I use a direct quote from another source as well as a paraphrase by giving credit to it and also by creating a Works Cited page as well. The way I will apply what I have learned from my experience in FYI: Great Lives for other aspects of my life is using what I have learned mainly from the Fuller Village activity as well as all the Science Lecture Hall meetings, and use them to shape my future as well as other areas outside of college as well to be successful and be happy as well.

Out of all the different things that I did in class, the ones which were most meaningful to me were the outdoor activity, all the Science Lecture Hall group meetings, the MBTI, and the Fuller Village Activity. The reason why these were the most meaningful to me is because they really made me learn more about myself of who I am as a person, what my different preferences are, what it means to live a great life from other people's perspectives, getting to know some of my classmates better, familiarizing

myself with Curry College's campus, and also boosting my confidence in talking with other people and also in front of a class as well.

For my overall learning experience in FYI: Great Lives, I felt that it was a really good experience because there were many different things that I have learned that I didn't know before about what kinds of characteristics make someone great and even famous as well and also some more stuff about doing proper research as well throughout the course both of which I am going to use in my other classes throughout my time at Curry as well as other areas in my life as well during and after college.

A few things that worked well for me in this class was being on top of my assignments and making sure I get them in on time, asking questions whenever I'm unsure about something, and also taking advantage of the different resources offered at Curry whenever I need help on a homework assignment with writing as well as research as well.

One thing that I'm proud of accomplishing in this class is all the different readings that I was assigned to do, taking chapter notes, and also all the essays that I had to write which I felt that I did a great job on.

All in all, I felt that I really enjoyed this class and ended up learning a lot of interesting things, some of which I plan to use for the rest of my time at Curry as well as in other areas of my life with also in shaping my future as well. Also, I am really looking forward to the next several years at Curry in deciding what I want to study and major in as well.