Centennial Honors College

Western Illinois University

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Poster Presentation

A Better Me

Nicole Mason

Faculty Mentor: Dr. Mary Jensen
Special Education

My undergraduate research project is based on a class assignment. The assignment is on a behavioral change. I chose two behaviors. The first is to drink more water instead of my usual soda. I also chose to exercise more instead of being on the computer all the time. The ultimate goal is a better, healthier me. It took some time to get out of my old bad behaviors and get into my new good behaviors. Along the way I had to reevaluate because I started out very strong the first week and started slipping backwards. Around week 6 of 12 I finally was getting into a groove. I realized through the process how hard it is to replace one behavior with another behavior, which is something I will more than likely have to do as a Special Education teacher. One of the most important things I learned is when your outcome is not going as expected you must reevaluate and change things you are doing so that your desired outcome is attainable. I have found in changing these two unhealthy behaviors with healthier ones that I feel better about myself and as an added bonus I have lost weight. It has also given me an incentive to change other unhealthy behaviors for healthier ones.