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RAPP 300

Professor Haight

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### Reflective Paper

The project to improve the health of Rowan County, KY started out with the decision to focus on building our body of knowledge through literature reviews. The literature reviews provided the basic ground work and foundation in order for the group to pick a topic for analysis. This process took some time, as we did not always have everyone present and the broad range of topics in the health field. We ultimately chose to use the topic of health benefits and recreational assets. The process to begin the endeavor to gather the information and identify the real needs of the people began with the cooperation with the community groups. I had varying experiences with the groups. The first meeting I went to was nothing like I thought it would be. I read about the groups and the goals and standards they set forth were not anything like what the group was pursuing. This led me to question the efficiency of the group. Nothing was accomplished and people were more confused after than before the meeting began. Other community leaders were more helpful in answering our questions and we discovered that there is not a transparency with the public about the resources available to them. The project was a success in the end, but I feel that there was a shade of positivism placed on the project that did not accurately reflect the actual attitude of these groups. That is just a personal opinion. I did learn many valuable things from interacting with these groups that will allow me to be more decisive and efficient in the future. The conference was very enjoyable. I learned awhile back that conferences are meant to make a

network of connections with the people that are there. The real utility of the matter is that my eyes were opened first hand by experience to see reality. Adversity and struggle is the only way that we grow. Regional Analysis is the combination of all the social sciences to work toward improving the quality of life that the population could enjoy if they are empowered with empirical data to make decisions. This is a duty, because many people do not live as comfortably as they could if they were made aware of the possibilities that are theirs. The struggle for better information and policies will continue.

Professor Haight was very professional and I enjoyed the class very much. It is difficult to work in groups that I do not pick, but life goes on. The experience of this class is something that every aspiring professional should have in order to prepare them for the obstacles that they will face in the future.