

A piece of writing that still holds significance for me and connects to my major is the movie reflection I wrote for my Relationship Science: Love, Lust, and Evolution course. This Relationship Science class explored evolutionary perspectives on attraction and close relationships. It combined psychological and evolutionary theories with empirical evidence. This paper was highly significant to my discipline because it allowed me to examine vast concepts like attachment theory, evolutionary psychology's fundamental principles, and much more. Learning about this material has given me the opportunity to understand foundational concepts that are integral to my field of study (social work and psychology), incorporating empathy, analysis, and knowledge of each individual's family dynamics. The knowledge from this course has also given me insight into how different genres like treatment plans, assessments, and setting boundaries are all important parts of my field.

The purpose of this assignment was to link content/theories/concepts in our class to our movie of choice. Several options we could pick from relating to love include *Eternal Sunshine of the Spotless Mind*, *10 Things I Hate About You*, *Portrait of a Lady on Fire*, *(500) Days of Summer*, and *Her*. With careful deliberation, I decisively chose *Portrait of a Lady on Fire*. We were required to state what the movie got right or wrong from the perspective of our Relationship Science. We needed to reuse material/content from our professor's podcast called "Love Factually." In the second paragraph, we were required to research findings we noticed in the movie that were not covered in the podcast, essentially finding a theory or information on our own that correlates to the movie. In the assignment description, the audience was supposed to address a friend or family member we know, in the sense of giving them advice while not being too formal.

My learning journey when writing this assignment was quite time-consuming. Most of the time on this reflection was spent searching for topics/findings in our course, listening to the podcast by our professor, and lastly watching the movie to connect the themes with the knowledge learned from our class. It seemed daunting at first, but once I was able to organize and write down the information I wanted to share in a rough draft, it allowed me to have a rough framework of the outcome. A challenge I faced was finding research information that could relate to the movie of my choice. I had to go through scenes frame by frame and essentially rewatch some parts. When I could not connect the course topic I initially chose to the movie, I backpedaled and investigated different parts of the film to precisely fit the content of our course. The challenge was researching; it was difficult for me to find things that were integrated with each other. With more time, I gradually came up with a product I was satisfied with. A main component that helped me out during this process was gaining insight from a peer in my class. They gave me a new perspective on what I was stuck on by communicating with me to condense my findings.

The structure of the essay was supposed to be informal yet informative due to the audience we were contacting. The language features entailed being descriptive but straightforward. That was tedious to me because we also had a limit on how many pages we could do, which was no more than two. I was clear by stating, "*This movie accurately depicts the self-expansion theory through Marianne and Héloïse's relationship. An idea of this theory involves the desire to grow as a person, to increase one's self-concept. People discover new experiences and learn about romantic relationships, which contribute to enhancing a person's perspective.*" I was able to format it in a way that is concise and easy to understand for the reader(s) and only in the first sentences. Some evidence I brought along with me was, "*Marianne has her passion for art with her expertise in paintbrush and charcoal work. She takes over her father's business, which involves art, connecting to her sense of self. Héloïse is fascinated with auditory sounds involving novel music. The display of this harpsichord playing act by Marianne finally kindles a true smile on Héloïse's face, something Marianne could not previously prompt. This relates to the self-expansion theory because Marianne introduces the orchestra to Héloïse.*" I concluded my explanation by showing how the theory relates to their relationship.

Looking back on my process, I acknowledge how I could have started it earlier to take the load and pressure off myself to finish it so last-minute. The type of writing genre allowed me to understand the framework and what was appropriate or not to put in this casual language movie reflection. A strategy I used when approaching this movie's reflection was outlining. That was a big chunk of lightening the load off my shoulders. I continuously proofread to see any grammatical errors. Another thing I did was randomly list potential findings in class that I could use to connect to the movie. I learned that writing it down to see it visibly, to create a mind map of some sort, allowed me to feel like it was organized with some foundation to build from. Overall, that experience allowed me to use my creative freedom while also being educational on concepts relating to my Relationship Science class.