

Reflection Paper

Part 1: Reflecting on Creating the Infographic

The topic of my infographic is analyzing the relationship between coach-athletes. The overall argument I was attempting to make is that athletes have their ideal coach, but more times than not they are not granted with their ideal coach. Athletes' relationship with their coach is extremely important to the athletes satisfaction of attachment and satisfaction of their respective sports. Coaches need to emphasize building a good, healthy relationship with their athletes through communication.

Visualizing the research was exciting for me because it was fun using Canva to outline my research information the way I wanted to present it. The challenging aspect of the infographic was minimizing the information to fit because sharing information in fewer words can be challenging for me. My biggest takeaway from going through this process is understanding the methodical process of conducting a research and presenting it in a simpler form. This process has helped me become a more critical or thoughtful consumer of information because looking at the same topic in different lenses helped me realize that a good relationship with their coaches means something different to each individual. For example, I have never really thought about the fact that coaches tell us to get in shape, or lose weight often and I don't think much of it, but that could play a huge role in a female athlete's perception of herself.

Part 2: Reflecting on Social Identity

Identity for myself has evolved throughout the years, as it should. Identity to me is who I am as an individual, which includes what I show to the public and what I don't. My identity for most of middle school to my freshman year of college has been athletic based, but that changed as soon as I stopped participating in sports. This semester I started to realize my identity is more than

just athletics. My identity is so diverse and spread out, which I am proud to say because I used to think if I stopped doing sports I would lose my identity. My biggest takeaway from Social identity and Intergroup Communication this semester has been the importance of positive self perception and the importance of having multiple personal and social identities.