

Tesneem Madani  
Sr. Naseera  
Senior Project

## Reflection Questions

**1. What were your expectations when you first started to work on the paper and on the product and with mentor? Did your experiences meet those expectations? How did they differ?**

When I first began working on this project, I was scared that the research essay would stress me out for the entire year (as previous seniors have mentioned). I was also scared that I'd become bored of the topic, or wouldn't be able to find a mentor. Alhamdulillah, although the project was stressful at times, Sr. Naseera, Ms. Ayesha Mall, and my parents helped me out tremendously. They all guided me and gave me helpful feedback, making the ride much smoother than it would have been. And I fell in love with the topic, alhamdulillah.

**2. What problems did you encounter while researching and writing your paper? What was your greatest resource in overcoming these obstacles?**

To be honest, finding a drive to actually write was probably my biggest obstacle. Sometimes, finding the time to work on the project was difficult, as was finding reputable sources and weeding out unnecessary information. My paper's organization was very messy at first, but thankfully, my mother, Sr. Naseera, Sr. Ayesha Mall's help was instrumental in my survival.

**3. What was the most interesting or surprising information you learned in your research?**

While the vast benefits of honey are always interesting to read about, the most surprising piece of information to me was the rapid decline of the bee population. 1/3 of our crops depend on bees, and they are declining at a rate of around 40%! And this is a direct result of pesticide

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misuse, *especially* in the U.S. It's a very scary situation, and is not receiving as much attention as it should. This project really heightened my awareness of this dire situation.

**4. What did you learn about yourself during this project? How will you use what you learned throughout the rest of your life, academic or not?**

I learned that taking chances and trying out new things, even if it's attending a lecture you wouldn't normally want to, can open new doors for you. At first, I wasn't too enthusiastic about writing an 8-page essay about the benefits of honey. I mean, it was interesting, but not enough for me to write a lengthy essay about it. In the end, I learned so much, and somehow became very passionate about my topic (especially when discovering Colony Collapse Disorder and its consequences). I also learned that taking risks is an important step in learning new things.

**5. What did the project teach you about the holistic view Islam has for every aspect of our life?**

The Holy Quran not only mentions that honey has *different colors*, but states that it is a cure for mankind. Ahadeeth mention honey's curative properties (usually along with black seed) and of accounts where the sahabah's ailments were cured with a treatment of honey. Some may argue that science has no place in religion, but subhanallah, in Islam, it has everything to do with it. Modern findings just haven't uncovered all of its secrets yet.

**6. What would you do differently now that you have finished?**

I would probably finish the project earlier in the year. Although I was busy throughout the year, the end of the year is especially busy. I think if I really pushed myself to complete it earlier, I

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would have been able to. Alhamdulillah, the process turned out to be less daunting than

expected. I would probably worry less if I had known that the project would turn out to be as enjoyable as it has.

**7. What advice would you give to next year's seniors about how to achieve success of the senior project?**

Definitely choose a topic that you're passionate about! Explore something you want to learn about. This project is a learning experience, and you're going to be writing an 8 to 10 page essay with a product on it, so it might as well be about something you're interested in. Have fun with it. It's really not as bad as you think it is.

**8. What grade would you give yourself for the project? Give your justification.**

I would probably give myself around a B+. My essay's structure was messy for a while and likely still needs polishing. Still, I do think I worked very hard on this project. My stressing out and complaints knock points off of my grade, but I think I redeemed myself through my product. Nothing would have been possible without my patient mother, Sr. Naseera, and Sr. Ayesha Mall. May Allah swt reward them for their tireless efforts.