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**Cap Assignment**

Name

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### Cap Assignment

One takeaway from this class that I will carry with me is making the best out of the challenging situation through learning, adapting, and evolving. Otherwise, the most important take-home from this class is the immune system transformation that occurs in expectant women making them more vulnerable to diseases hence requiring specialized care and attention. I now understand the trauma pregnant women go through, especially when infected with the COVID-19 Virus. Similarly, another take home from this class that I will always carry with me is developing a routine and sticking to it because it has taught me that following routines strictly can save lives.

It took days of extensive research on the topic to bring my paper and presentation together. There is much information about the COVID-19 Virus; thus, the possibility of gathering the wrong information was available. However, I looked into my sources thoroughly to ensure that I collected the most relevant and verified information to avoid misinformation. This experience has shaped my professional outlook by enhancing my research skills. Before this class, my research methodology was geared towards completing assignments. Now, I look into everything with a third eye to ensure authenticity because the information is power; thus, it has to be authentic.

Lastly, the recommendation I would provide to students who will take this course is to approach this course with an open mind because the course provides so many learning opportunities. Similarly, they should also develop an interest in researching because it requires extensive research; thus, they will come across much information. Since there is a lot of information available on the topic, it is also crucial for students to develop some investigative skills to point out the relevant and authentic information to avoid misinformation. They should

also enjoy reading because they will come across much literature and fail to read or skip some bits; they are more likely to miss important information.

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