

Katherine Hatzidais

5/31/13

Capstone Process Paper

When the daunting reality of capstone officially presented itself, I was frantic because I was unsure of what I wanted to explore. I knew that I wanted to do a focus on skin because I have been interested and still am interested in the field of dermatology. I had toyed with the idea of creating facial cleansers, scrubs, and moisturizers. I decided that it would be too expensive to embark on a project like that. I then found that organic, naturally made soap was the most beneficial for our skin. From here I decided that an organic soap was not difficult to make and would be less expensive. As I began reading more and more about organic soap and how different plants, fruits, and vegetables are beneficial to our skin.

My capstone addresses all of SLA's core values. Through inquiry I was able to decide that I wanted to understand more about our skin. I discovered many things through my research which helped me decide that organic soap was what I wanted to pursue for my senior capstone. Through collaboration with my mentors, advisor and outside mentor I was able to get a stronger hold of an understanding on the subject and the chemical reaction that takes place in soap. I am confident in my presentation that I will present during capstone week. My final presentation will be the website that I have been producing.

Once I decided I definitely wanted to make soap, I started searching for where I could buy the materials I needed. It was hard to know what sites were dependable so I started over and began searching for soap recipes. As I sorted through online recipes, I also found advice where to buy supplies from. I had to order all of my supplies offline and found utensils at discount stores.

I found discount utensils because once they are used for soap, they cannot be used for anything else, especially any type of cooking.

Not only did I have to buy and find supplies, I also had to do more research to see what exactly happens during the soap process.

I referred to Dr. Kaur for help, whom is also a mentor of mine. Ms. Dunda also presented the idea to do some research at the Pennsylvania Horticultural Society in order to learn more about plants and possibly soap making. After all this and of course a trip to the Library, I was able to begin making soap. I have referred to my research constantly throughout the duration of completing my project. I used these resources to tap into because I knew they would be more than willing to help me, My mentors were supporting my capstone every step of the way. I also had the pleasure of working with a friend of my mother's that also makes soap. I made a batch of soap with her which helped me know what precautionary steps to take to keep the sodium hydroxide from affecting other areas of my home.

I knew that I would have to be prepared for obstacles and prepared to overcome those obstacles as well. My biggest obstacle was buying the products in order to make soap. It was hard to obtain the materials and it was more expensive to ship the products than what they costed. I would have liked if there was some type of store here that I could have physically gone to to purchase products within a more reasonable amount of time. Other than that, I did not encounter many obstacles. I spent a lot of time pre-meditating my execution so that I wouldn't run into as many obstacles.

I am most proud that I have been successful in making soap. It is usable and its better than the Dove bar of soap I am so use to using. When I started getting into soap making I didn't

think that I would be able to make a good bar of soap but I absolutely have achieved my goals. I am very proud of my self for this and I plan to continue to make soap.

Through this process not only did I learn about soap, the chemistry of soap and skin, but also how to create an effective and intriguing presentation along with website building. For my website I had to fill every spot with information so that people may be bale to use it for their own use and maybe use my website as a guide to their own soap making. I also learned to be thorough. If I were not thorough throughout the duration of making soap, it would be difficult for me to follow what I had done previously and how to build from previous work that I had completed.

If I had the opportunity to redo my capstone, I would most likely choose more methodical methods of preparing to make the soap and also handling the lye. I was very careful when it came to using the chemical but I think I could have taken a few extra steps to be extra careful. I would redo this part because safety is really important especially when dealing with lye. In addition, I would have preferred to have a partner to help make the soap because at times it was difficult to everything on my own.

Because I was a student at SLA, it has become a better place. I think that I have been extremely open about my own opinions which may sometimes be lost in the views of the popular vote. During my time at SLA, I have not only taken the opportunity to be totally honest about myself but open to other students and their views. I have tried to express my respect and morals to other without imposing upon them. I think many people may have had a difficult time understanding me because I am direct and blunt. I am not direct or blunt for attention but simply because I know myself well and I think others should always be true to themselves. Influence is

not a negative thing but once morals are compromised, it can have a negative affect.

I am extremely happy with the result of my capstone and I truly hope that everyone enjoys my presentation just as much as I have enjoyed exploring soap. My ultimate goal was to make people aware that the Earth provides everything we need for skincare. Chemicals are not needed and plants and organic materials are much more sufficient for the care of our largest organ.