

Sample personal reflective essay

When I think of my childhood and my mother, I immediately think about the kind of learning processes that I have been through. Some of my learning experiences have been very Pavlovian in nature, when I would learn to associate certain sounds and expressions with different events and proceedings. Other times, I have been acutely aware of the reinforcement theories - such as those used by Skinner - which my mother used to use on me to make me learn things. For example, I remember that I would get a rap on the back of my hand for touching the electric cable that would hang from the electric iron. When this happened a few times, I would then never touch it since I knew that my mother would hit my hand and I did not want to be hit. I think all of these things that my mother did with me ended up in making up the personality and the identity that I have today.

Personal identity, according to John Perry, can be divided into three areas, the body, the memory and the soul. John Perry's "A Dialogue on Personal Identity and Immortality" discusses these aspects of personal identity and these three parts of the 'self'. I feel that I am also in touch with these realities of my own identity. I know that the body that I have is the same one that I have always possessed. It has changed considerable since I was born but it is still the same body. I remember looking at myself when I was a little child and wondering how long would be till I can be tall enough to look in the mirror without having to stand up on a stool and how I would look when I grow up. Now that I am grown up and I look at myself in the mirror, I wonder exactly how I must have looked to myself when I was a little child. It is all so strange that a person wants to grow up so quickly when one is a child but then wants to stay young forever. Sometimes I end up wishing that I was a child again so that I do not have to do all the things that I have to do. Sometimes I wish that I can just run back into time and become the irresponsible, simple little girl that I used to be.

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Ying-Ying Zheng



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