Sample Reflective Essay

Author: Nekisa Mahzad

I have been a student at California State University Channel Islands (CI) for 5 semesters, and over the course of my stay I have grown and learned more that I thought possible. I came to this school from Moorpark Community College already knowing that I wanted to be an English teacher; I had taken numerous English courses and though I knew exactly what I was headed for-was I ever wrong. Going through the English program has taught me so much more than stuff about literature and language, it has taught me how to be me. I have learned here how to write and express myself, how to think for myself, and how to find the answers to the things that I don't know. Most importantly I have learned how important literature and language are.

When I started at CI, I thought I was going to spend the next 3 years reading classics, discussing them and then writing about them. That was what I did in community college English courses, so I didn't think it would be much different here. On the surface, to an outsider, I am sure that this is what it appears that C.I. English majors do. In most all my classes I did read, discuss, and write papers; however, I quickly found out that that there was so much more to it. One specific experience I had while at C.I. really shows how integrated this learning is. Instead of writing a paper for my final project in Perspectives of Multicultural Literature (ENGL 449), I decided with a friend to venture to an Indian reservation and compare it to a book we read by Sherman Alexie. We had a great time and we learned so much more that we ever could have done from writing a paper. The opportunity to do that showed me that there are so many ways that one can learn that are both fun and educational.

The English courses also taught me how powerful the written word and language can be. Words tell so much more than a story. Stories tell about life and the human condition, they bring up the past and people and cultures that are long gone. Literature teaches about the self and the world surrounding the self. From these classes I learned about the world, its people and its history; through literature I learned how we as humans are all related. By writing about what we learn and/or what we believe, we are learning how to express ourselves.

I know that my ability to write and express my ideas, thoughts and knowledge has grown stronger each semester. I have always struggled to put my thoughts on paper in a manner that is coherent and correct according to assignments. I can remember being told numerous times in community college to "organize your

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Abbott, 2018-10-24 This book discusses racial segregation in American cities Using St Louis as a point of departure it examines the causes and consequences of residential segregation and proposes potential mitigation strategies While an introduction timeline and historical overview frame the subject nine topic specific conversations between invited academics policy makers and urban professionals provide the main structure Each of these conversations is contextualized by a photograph an editors note and an essay written by a respected current or former St Louisan The essayists respond to the conversations by speaking to the impacts of segregation and by suggesting innovative policy and design tactics from their professional or academic perspective The purpose of the book therefore is not to provide original research on residential segregation but rather to offer a unique collection of insightful transdisciplinary reflections on the experience of segregation in America and how it might be addressed Personal Development and Clinical Psychology Jan Hughes, Sheila Youngson, 2009-01-20 Personal Development and Clinical Psychology is a vital reference text for all those involved in clinical psychology and related professions This book offers a comprehensive exploration of the methods approaches theories and issues surrounding personal development incorporating a number of different views from both those practising and training in the field and includes service users perspectives. The importance of personal development is considered and chapters are devoted to presenting a model of the different processes examining issues of power and identity and assessing how training courses currently approach and encourage personal development and how it might be evaluated The book culminates in summarising the major themes and offers suggestions for future developments In line with BPS accreditation criteria which identifies personal development as a core learning objective Offers an historical overview of the clinical psychology profession Includes the voices of service users and carers Considers how personal development can be assessed Also of interest to counselors psychotherapists and nurse therapists as well as clinical psychologists and related professions outside the UK Handbook of Research on TPACK in the Digital Age Niess, Margaret L., Gillow-Wiles, Henry, Angeli, Charoula, 2018-11-02 This title is an IGI Global Core Reference for 2019 as it was co edited by a leading education scholar this title provides the latest research on the enhancement of Technological Pedagogical Content Knowledge TPACK Building upon her previous studies conducted through multiple Mathematics and Science Partnership MSP grants from the US Department of Education this comprehensive publication brings together over 45 educational experts from the U S South America and Europe to provide online learning digital technologies and pedagogical strategies The Handbook of Research on TPACK in the Digital Age provides innovative insights into teacher preparation for the effective integration of digital technologies into the classroom The content within this publication represents the work of online learning digital technologies and pedagogical strategies It is designed for teachers educational designers instructional technology faculty administrators academicians and education graduate students and covers topics centered on classroom technology integration and teacher knowledge and support Essential Interviewing and Counseling Skills Tracy Prout, Melanie

Wadkins, 2014-03-27 This is the only comprehensive text to focus on the development of practical interviewing and counseling skills for master s level mental health counseling students It is structured around the goals established by the CACREP's 2009 document on standards for MHC programs and uniquely encompasses both theory and practice from the perspectives of a diverse array of theoretical schools and practice strategies. The benefits of integrating complementary therapy approaches according to the needs of the client and the importance of multicultural considerations in interviewing and counseling are consistent themes throughout The book s hands on guidance regarding interviewing and counseling skills along with its embrace of different therapeutic modalities will enable students to learn how to provide care to clients that is tailored to their specific needs Each chapter includes a highlighted section that draws students attention to topics related to diversity and strategies for working with clients from a variety of populations Issues related to race ethnicity immigration and country of origin are highlighted along with age gender sexual orientation religion language and physical and cognitive abilities The use of case examples from multiple theoretical orientations offers a realistic view of what actually occurs in a consulting room The book also addresses working with clients who have serious emotional or psychological difficulties and covers evidenced based practice assessment and diagnosis and when and how to terminate treatment An instructor's guide and PowerPoint slides are also included Key Features Provides a balanced integrated theoretical and practical approach to interviewing and counseling with a focus on skills development Teaches the fundamental skills of empathy active listening treatment planning and developing a strong therapeutic alliance Includes Spotlight on Culture sections with case studies to emphasize how diversity informs sensitive and effective psychotherapy Provides exercises to help students discover their own blind spots in regard to diversity Offers a realistic window into the profession through numerous case examples Education and Pedagogical Approach in Service Learning Enakshi Sengupta, Patrick Blessinger, 2022-11-07 Role of Education and Pedagogical Approach in Service Learning is a collection of case studies and interventions adopted by academics across the globe to explain and explore the concepts of social responsibility in education social justice and civility

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