

Reflection FHS 1500-042

This class has taught me a great deal about myself. I have learned that I am resilient and much stronger than I have given myself credit for. I have learned the importance of forgiveness; the weight that you bear in being unable to let go of guilty feelings that accumulate throughout the course of the lifespan can harm you emotionally, mentally and physically. It's important to accept and love yourself for who you are, for your strengths and weaknesses. I learned that so many variables come into play regarding the development of human beings as individuals, within families, within cohorts, and within cultures, and that it is impossible to predict or determine how any individual may evolve. The lifespan is ever changing and rich in complexity. Possibilities are limitless.

I chose to put this assignment into my e-portfolio because I think it is an accurate depiction of me. It helps explain who I am today and how I got here. I think I've been able to endure and overcome many challenges in my life, particularly in my emerging adulthood and again now in mid- life. Before coming back to school I never really challenged myself by setting goals; it seemed as though just getting through life (sometimes on a whim) was tough enough. But I've discovered that life has a purpose that we aren't always able to understand. Now I realize how important it is to expect more of myself. I find myself making decisions and planning for the place I want to be 5 years from now, then 10, then 25. I find that it is exciting!

Making the decision to go back to school at my age, being a single mother with 4 children and not many tangible prospects is a risky undertaking. I know I need to stay focused and faithful myself, and as long as I stay strong, I expect I can do very well. I know going back to school will benefit me in ways far beyond even the education I am

receiving. I intend to remain courageous in this endeavor, open to the opportunities that lie ahead, and follow the examples of the inspirational people I expect to encounter through the course of my lifespan. I know I will be able to achieve my goals and be able to provide for my family, and make myself proud of me.