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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The Humble Essay Roy K. Humble, 2023-04-01 The Humble Essay is so much more than a writing textbook It gives you tools tips and tricks that actually explain what a writer does It doesn't sugarcoat the process or dumb down the very real challenges that entering a college writing space requires This book is more like a friend It s the kind of friend that will coach you through a tough time and encourage you and it will make you laugh while you go through it It's the kind of friend who holds your hair back when you re sick of writing and gives you the courage to try again Roy K Humble is the kind of writing teacher who understands the struggle of learning how to write like a college student and doesn t just tell you what you want to hear His lessons here are profound but in the sense that they are delivered by someone who wants you to feel included in the conversation about what good college writing should be He writes to students in language they can understand without becoming English majors and with just enough humor to keep them reading He writes for faculty moving step by step through the unadorned guiding principles of effective formal writing so that faculty have a great framework on which to build their classes Perhaps most importantly Humble understands that the price of a book matters to students so his books are affordable From every perspective Humble gets it The Humble Essay has students covered on these important topics Understanding the college essay as an idea Grasping the stages of the writing process Organizing the college essay around cohesive paragraphs Thinking for yourself as a college student Gathering and synthesizing sources and information Guiding readers through a thoughtful college essay Writing Skills for Social Workers Karen Healy, Joan Mulholland, 2007-02-26 This work provides some tools for sharpening thinking writing and practice It is a readable accessible and highly relevant text suitable for all social workers Professional Social Work This book will become a key reference text for many social workers both while studying and as established professionals A well thumbed text on the bookshelf Janice West Glasgow Caledonian University Social workers are required to communicate in writing for a range of purposes and to write effectively for a range of audiences such as clients team members magistrates and policy makers Writing Skills for Social Workers aims to raise the profile of writing skills in social work practice and to enhance social workers written communication skills The book adopts a logical progression and each chapter identifies and contextualises the practical skills needed at specific points in training and practice Overall it will encourage the development of writing skills and techniques which will stand the reader in good stead throughout their professional career Key features of the book include training in core professional writing tasks particularly case notes report and proposal writing guidance in advanced writing skills such as writing literature reviews journal articles conference papers and funding applications a discussion of ethical issues and values including client confidentiality privacy and empowerment advice on using these skills to contribute to the formal knowledge base of social work through the publication of research By adopting a practical approach the authors have included a number of pedagogical features such as reflective exercises writing tips for specific tasks and guidelines for further reading This

engaging book satisfies statutory requirements for training and continuing professional development It will therefore be an essential study guide for all students practitioners and managers in social work settings Introduction to CRISPR-Cas9 Techniques Michael J. Wolyniak, Donna L. Pattison, Jay N. Pieczynski, Maria S. Santisteban, 2025-02-17 This open access textbook provides an in depth introduction into the CRISPR cas9 technology and explores its use across the gamut of biological model systems As the subject has risen from a significant new discovery to a mainstream molecular biology practice it is essential that students of molecular biology understand the fundamentals behind CRISPR Cas9 technology and how it may be employed efficiently and ethically in research This volume edited by experts in both molecular biology and undergraduate education will teach not only the fundamentals of using CRISPR Cas9 but also how to successfully employ this technology in classroom settings The book is written for undergraduates and advanced high school classes in the area of molecular biology genetics genomics and biological engineering and will provide a perfect tool for undergraduate lecturers to prepare their classes Introduction to Family Counseling Judy Esposito, Abbi Hattem, 2015-12-01 Engaging Creative and Practical Lakitta D Johnson Jackson State University Introduction to Family Counseling A Case Study Approach presents basic knowledge about family counseling and applies various theoretical models to a case example looking at one nuclear family along with its extended family members that readers follow throughout the text Judy Esposito and Abbi Hattem's multi generational family is constructed from their experiences as professors and family therapists to exemplify the concepts and theories of family counseling Beyond the theories of family counseling students learn about the family life cycle and various tools for assessing families as well as the history of family counseling Ethical issues relevant to family counseling are also included along with transcripts from hypothetical family counseling sessions throughout the book In addition the book focuses on working with diverse families and takes special care to emphasize multicultural issues The Humble **Argument** Roy K. Humble, 2023-04-01 The Humble Argument is so much more than a writing textbook It gives you tools tips and tricks that actually explain what a writer does It doesn't sugarcoat the process or dumb down the very real challenges that entering a college writing space requires This book is more like a friend It s the kind of friend that will coach you through a tough time and encourage you and it will make you laugh while you go through it It's the kind of friend who holds your hair back when you re sick of writing and gives you the courage to try again Roy K Humble is the kind of writing teacher who understands the struggle of learning how to write arguments like a college student and doesn t just tell you what you want to hear His lessons here are profound but in the sense that they are delivered by someone who wants you to feel included in the conversation about what good college writing should be He writes to students in language they can understand without becoming English majors and with just enough humor to keep them reading He writes for faculty moving step by step through the unadorned guiding principles of effective formal writing so that faculty have a great framework on which to build their classes Perhaps most importantly Humble understands that the price of a book matters to students so his

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detailed instructions and specific tips for carrying out each step of the process including three modules focused on creating and implementing specific assessment measurement tools The authors recommend readers begin by reading Module 1 which provides a framework that will enhance understanding of each of the steps of the process that are spelled out in detail in subsequent modules However after that each of the modules is designed to stand alone Readers need not read the modules in order nor do they need to read all of them in order to benefit from the authors guidance In addition the authors have created a video to accompany Module 10 in which they take readers step by step through the use of Excel spreadsheets to organize and present assessment data Writing Theology Well Lucretia B. Yaghjian, 2006-11-24 In its creative integration of the disciplines of writing rhetoric and theology Writing Theology Well provides a standard text for theological educators engaged in the teaching and mentoring of writing across the theological curriculum As a theological rhetoric it will also encourage excellence in theological writing in the public domain by helping to equip students for their wider vocations as writers preachers and communicators in a variety of ministerial and professional contexts A Handbook of Reflective and **Experiential Learning** Jennifer A. Moon, 2013-04-15 This handbook acts as an essential guide to understanding and using reflective and experiential learning whether it be for personal or professional development or as a tool for learning It takes a fresh look at experiential and reflective learning locating them within an overall theoretical framework for learning and exploring the relationships between different approaches As well as the theory the book provides practical ideas for applying the models of learning with tools activities and photocopiable resources which can be incorporated directly into classroom practice This book is essential reading to guide any teacher lecturer or trainer wanting to improve teaching and learning

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Ryan McAnnally Linz Stephen Butler Murray Eleanor Nesbitt Anantanand Rambachan Meir Sendor Johann M Vento and Miroslav Volf ABOUT VOLUME TWO This book tackles the core problem of how painful historical memories between diverse religious communities continue to impact even poison present day relations Its operative notion is the healing of memory developed by John Paul II Chapters explore how painful memories of yesteryear can be healed and so address some of the root causes Strategies from six different faith traditions are brought together in what is in some ways a cross religious brainstorming session that identifies tools to improve present day relations At the other pole of the conceptual axis of this book is the notion of hope If memory informs our past hope sets the horizon for our future How does the healing of memory open new horizons for the future And what is the notion of hope in each of our traditions that could lead to a common vision of good Between memory and hope this book seeks to offer a vision of healing that can serve as a resource in contemporary interfaith relations Contributors Rahuldeep Singh Gill Alon Goshen Gottstein Maria Reis Habito Flora A Keshgegian Anantanand Rambachan Meir Sendor Muhammad Suheyl Umar and Michael von Br ck ABOUT VOLUME THREE The essays collected here prepared by a think tank of the Elijah Interfaith Academy explore the challenges associated with sharing wisdom learning teachings messages for good living How should religions go about sharing their wisdom These chapters representing six faith tradition Jewish Christian Muslim Hindu Sikh and Buddhist explore what wisdom means in each of these traditions why and how it should be shared internally and externally and the role of love and forgiveness in sharing This book offers a theory that can enrich ongoing encounters between members of faith traditions by suggesting a tradition based practice of sharing wisdom while preserving the integrity of the teaching and respecting the identity of anyone with whom wisdom is shared Contributors Pal Ahluwalia Timothy Gianotti Alon Goshen Gottstein Sallie B King Anantanand Rambachan Meir Sendor Miroslav Volf ABOUT VOLUME FOUR All the world's religions are experiencing rapid change due to a confluence of social and economic global forces Factors such as the pervasive intrusion of globalizing political and economic developments polarized and morally equivalent presentations seen in the media and the sense of surety demanded in and promised by a culture dominated by science are some of the factors that have placed extreme pressure on all religious traditions This has stimulated unprecedented responses by religious groups ranging from fundamentalism to the syncretistic search for meaning As religion takes on new forms the balance between individual and community is disrupted and reconfigured Religions often lose the capacity to recall their ultimate purpose or lead their adherents toward it This is the situation we call the crisis of the holy It is a confluence of threats challenges and opportunities for all religions This volume explores the contours of pressures changes and transformations and reflects on how all our religions are changing By identifying commonalities across religions as they respond to these pressures The Crisis of the Holy recommends ways religious traditions might cope with these changes and how they might join forces in doing so Contributors Vincent J Cornell Alon Goshen Gottstein Sidney H Griffith Maria Reis Habito B Barry Levy Deepak Sarma Michael von Br ck ABOUT VOLUME

FIVE The chapters collected in this book prepared by a think tank of the Elijah Interfaith Academy address the subject of religious leadership The subject is of broad relevance in the training of religious leaders and in the practice of religious leadership As such it is also germane to religious thought where reflections on religious leadership occupy an important place What does it mean to be a religious leader in today s world To what degree are the challenges that confront religious leadership today the same perennial challenges that have arrested the attention of the faithful and their leaders for generations and to what degree do we encounter challenges today that are unique to our day and age One dimension is surely unique and that is the very ability to explore these issues from an interreligious perspective and to consider challenges opportunities and strategies across religious traditions Studying the theme across six faith traditions Christianity Islam Judaism Sikhism Hinduism and Buddhism The Future of Religious Leadership World Religions in Conversation recognizes the common challenges to present day religious leadership Contributors Awet Andemicael Timothy J Gianotti Alon Goshen Gottstein Anantanand Rambachan Maria Reis Habito Meir Sendor Balwant Singh Dhillon Miroslav Volf VOLUME SIX One of the biggest challenges for relations between religions is the view of the religious Other The question touches the roots of our theological views The Religious Other Hostility Hospitality and the Hope of Human Flourishing explores the views of multiple religious traditions on how to regard otherness How does one move from hostility to hospitality How can hospitality be understood not simply as social hospitality but as theological hospitality making room for the religious Other on theological grounds What is our vision for the flourishing of the Other while respecting his otherness This volume is an exercise in constructive interreligious theology By including Abrahamic and non Abrahamic traditions it approaches these challenges from multiple perspectives highlighting commonalities in approach and ways in which one tradition might inspire another Contributors Vincent J Cornell Alon Goshen Gottstein Richard P Hayes Lord Rabbi Jonathan Sacks Deepak Sarma Stephen W Sykes Dharma Master Hsin Tao Ashok Vohra <u>Cultivating the Sociological Imagination</u> James Ostrow, Sandra Enos, Garry Hesser, 2023-07-03 The editors and authors of this book seventh in the Service Learning in the Disciplines Series bring their own sociological wisdom and imagination to demonstrate how service learning can effectively be used in the sociology curricula and in class exercises Discussions in the introduction and chapters along with appended syllabi provide ways in which such programs can be adopted in undergraduate sociology courses A Practical Guide for Medical Teachers, E-Book John Dent, Ronald M. Harden, Dan Hunt, 2021-04-24 Highly regarded in the field of medical education A Practical Guide for Medical Teachers provides accessible highly readable and practical information for those involved in basic science and clinical medicine teaching The fully updated 6th Edition offers valuable insights into today s medical education Input from global contributors who offer an international perspective and multi professional approach to topics of interest to all healthcare teachers With an emphasis on the importance of developing educational skills in the delivery of enthusiastic and effective teaching it is an essential guide to maximizing teaching performance Offers comprehensive succinct coverage of

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in Mind explains how the brain works and how to help adults learn develop and perform more effectively in various settings Recent neurobiological discoveries have challenged long held assumptions that logical rational thought is the preeminent approach to knowing Rather feelings and emotions are essential for meaningful learning to occur in the embodied brain Using stories metaphors and engaging illustrations to illuminate technical ideas Taylor and Marienau synthesize relevant trends in neuroscience cognitive science and philosophy of mind Readers unfamiliar with current brain discoveries will enjoy an informative easy to read book Neuroscience fans will find additional material designed to supplement their knowledge Many popular publications on brain and learning focus on school aged learners or tend more toward anatomical description than practical application This book provides facilitators of adult learning and development a much needed resource of tested approaches plus the science behind their effectiveness Appreciate the fundamental role of experience in adult learning Understand how metaphor and analogy spark curiosity and creativity Alleviate adult anxieties that impede learning Acquire tools and approaches that foster adult learning and development Compared with other books on brain and learning this volume includes dozens of specific examples of how experienced practitioners facilitate meaningful learning These brain aware approaches can be adopted and adapted for use in diverse settings Facilitating Learning with the Adult Brain in Mind should be read by advisors counselors instructors curriculum and instructional developers professional development designers corporate trainers and coaches faculty mentors and graduate students in fact anyone interested in how adult Critical Thinking and Writing in Nursing Bob Price, Anne Harrington, 2018-10-29 Clear and straightforward brains learn introduction to critical thinking written specifically for nursing students with chapters relating the subject to specific study and practice contexts Includes student examples and scenarios throughout including running case studies from nursing students The Mathematics IA: Earning Full Marks on HL or SL Mathematics Explorations Mr. Slosberg, 2018-06-23 An assistant examiner and teacher explains to students in simple practical steps how to earn full marks on their individual exploration for HL or SL Mathematics This book is intended for students taking either Applications and Interpretation or Analysis and Approaches Please note if you are graduating in 2020 or before you should buy the previous edition of this book This edition is for the new courses Applications and Interpretation and Analysis and Approaches which will be taught beginning in August 2019 with first exams in May 2021

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