

WHO AM I?

REFLECTION PAPER

It has been more than a decade since I started knowing myself. Along my journey, I get to discover things about me – my talents and skills, my attitude, my strengths and weaknesses, and the likes. With this, it wouldn't be so much hard for me to talk about myself for my experiences helped me know myself better.

This journey of life has truly been a roller coaster ride. I conquered many challenges that God has given me. I easily get emotional whenever I can't handle my problems well. I burst into tears. Yes, real men cry. I have a soft heart which tends to be easily hurt and affected by things around me, which made me so much curious about other's perception about me. However, this soft heart also made me so much thoughtful to my friends. I usually get worried whenever I know someone who's carrying big problem(s) or is in the state of depression. Speaking of friends, I am not good at having colleagues. This is mainly because I am not good at starting conversations especially to strangers. I am shy but I do not consider myself as an introvert which is the other's misconception about me. Just like a roller coaster, there are also moments when I get up. I am jolly when I am with my close friends. I easily get attached to people close to me. I am different to strangers and to people close to me – so much different. I am also an achiever since my grade school years. As a consistent honor student, I get to manage and train myself in balancing everything with studies. Luckily, I am successful with sustaining my achievement 'til my SHS years. Through my years of studying, I get to engage with Math, which brought me to division and regional contests. Leadership has also been my thing in the past. Thus, making me involved into having position in the SSG (Supreme Student Government). I have some other skills and talents which I only discovered during my high school years, and I am thankful to God for giving me such that I treasure for a lifetime.

As the eldest and the *unico hijo* among the three siblings, my life has been full of pressure and expectations. It wasn't easy handling such situation along the way but I can say that I'm lucky with the family and relatives I have for they were always there whenever I face problems. This may be an emotional start for this reflection but I just want to take pride of how proud I am with my family. Growing up, I have seen how my parents quarrel for almost every year and maybe this makes me fearful whenever I see quarrels and fights. However, quarrels aren't my parents' thing for the past years. Looking on the brighter side, my family is a family of achievers and I'm proud of it. That's why I gain so much respect with the people around me, especially in my hometown in Manay, Davao Oriental.

We do have our own strengths and weaknesses. It is just normal for everyone, but it is upon us on how we handle these. For me, it is my strength to be time-conscious. When it is the deadline, I should finish it before the deadline. When it is call time, I should be there ahead of time. However, it may be ironic to say but I am fond of procrastinating. I don't do things ahead of time as long as I think of a free time to do it before the deadline comes. Thus, I end up cramming and this is one of my weakness. Being God-fearing is a strength of mine. No matter what problems or blessings that come my way, I never forget to converse with God and tell everything I want to tell Him. It is also a strength of mine that I can

Who Am I Reflection Paper

Garrett McAuliffe, Karen Eriksen



Who Am I Reflection Paper:

Applying Student Development Theories Holistically Katherine Branch, Jeanne Hart-Steffes, Christine Wilson, 2018-10-12
This book dives into student development theory unpacking key foundational and emergent theories of college student development while providing contemporary examples and application Showcasing a diversity of programs practices and services across a variety of institutional types Applying Student Development Theories Holistically demonstrates how professionals are intertwining the science of theory with the art of practice in multidimensional holistic ways Helping aspiring higher education and student affairs practitioners grasp and use theories holistically this important text brings to life theoretical knowledge to enhance the development and learning of college and university students *Who Am I* Neehar Sanadhaya, 2014-09-15 Who am I is not the question to self but it is the answer to the universe about itself It is the secrete answer about history Ex Pyramids and belief It is the answer about science and its future ex Bermuda triangle It is the answer about excellence and intelligence of Human brain It is answer to Time travel and time machine It is first ever secrete answer explaining the beginning and end of universe It is the hope to answer every question that could ever be asked by human intelligence It is an answer to me about my self But It is not about me it is about you Who you are It about us mankind Who and why and How we exist The book contains the much awaited pure knowledge and solutions of universe for human both common man and scientists Now humans and science will never be fooled Now there will never be any contradictions among the Religion Science History Human Brain and the existence and role of Human in this universe The book explains every Why and how about the seven Universe that exists It is combination of knowledge explaining Psychology of Human thinking how what and Why they think This is first book ever which proves Philosophy with scientific logics and mathematical proof **Cultural Competence in Applied Psychology** Craig L. Frisby, William T. O'Donohue, 2018-07-25 The first volume of its kind this provocative book evaluates the construct of cultural competence from multiple perspectives At the intersection of diverse disciplines and domains contributors argue for greater clarity in understanding the cultural competence construct a deeper level of analysis as to its multifaceted components and call for concrete practical objectives and science based means of measurement Serious nuanced discussion addresses challenges strengths and limitations of current cultural competence practice in terms of sociocultural concepts e g race ethnicity and practical concepts e g sensitivity in the therapeutic relationship treatment efficacy In addition contributors identify future directions for research training and practice with the potential to spur the further evolution of this clinically important construct This timely book Critiques the cultural competence construct and its evaluation as it is currently disseminated within applied psychology Compares and contrasts how cultural competence is defined within clinical school and counseling psychology Analyzes difficulties and challenges in understanding the cultural competence construct as evaluated through the lens of closely related fields outside of applied psychology Spotlights complexities in cultural competence issues pertaining to specific

populations Sets out implications for education and training offering a detailed outline for an ideal college course in cultural competence With this level of reasoning and rigor Cultural Competence in Applied Psychology is sure to stimulate long overdue dialogue and debate among professionals across a wide variety of fields such as clinical psychology social work child and social psychology psychotherapy school psychology and counseling

The Struggles After the Struggle David Kaulemu, 2008 The Course Reflection Project Nicole Schonemann, Emily Metzgar, Andrew Libby, 2015-05-01 Service learning is entering a post initiatory phase At tertiary institutions of all types and sizes service learning programs are common and service learning requirements for graduation are growing in popularity Taken together alongside continued faculty interest in effective teaching these factors have raised the visibility and popularity of service learning Now the greater need in service learning is not to prove the need for or efficacy of service learning but to turn the focus squarely back on practice Following established best practice is not enough instructors also need to reflect on how this fits within the specific context and application of each unique course and service learning partnership While there are many excellent resources that detail best practice and showcase exemplary service learning courses faculty reflection and course revision often goes unmentioned In response to the lack of attention on the role of reflection and course revision we convened groups of faculty from a variety of disciplines to reflect deeply on their courses paying specific attention to obstacles and challenges These conversations were converted to articles for this edited collection each chapter representing the process of reflection and revision and serving as a guide to develop effective practice in varied curricular contexts This text contributes to the body of literature on service learning in a unique and practical manner Faculty teaching or interested in teaching service learning classes would benefit from this text as well as university administrators and community service directors involved in service learning at a programmatic and institutional level This book should be marketed to faculty teaching disciplinary service learning classes and service learning pedagogy classes and administrative offices involved in service learning This could be a supplementary text for graduate level pedagogy courses Higher education institutional libraries would benefit from this text as well as the national and state campus compact offices

Curriculum Histories in Place, in Person, in Practice Petra Hendry, Molly Quinn, Roland Mitchell, Jacqueline Bach, 2023-03-10 This book situates the Curriculum Theory Project at Louisiana State University within a larger historical framework of curriculum work examining the practices which have sustained this type of curricular vitality over the lifetime of the field s existence Divided into seven parts the authors illuminate seven practices which have sustained the scholarship graduate programs mentorship and networking that have been critical to maintaining a web of international relationships This exploration and coming together of intergenerational stories reveals a more complete and nuanced narrative of the development of curriculum theory over the last 60 years Crucially the project exemplifies the continuing resilience of curriculum theory despite ongoing neo liberal aspirations to reframe education as a business Reflecting upon the lived experiences and articulated memories of those who have

participated in the project and analysis of documents collected over its 25 year history it considers curriculum history ies writ large through and from this lens of practice As such it opens up fresh insights for cultivating the vitality and vigor of curriculum theory more broadly on an international scale and with a view to future directions for the field It will appeal to both new and experienced scholars working across education foundations urban education philosophy of education and higher education and researchers from across history sociology anthropology ethnic studies and gender studies **The Reflective Educator's Guide to Practitioner Inquiry** Nancy Fichtman Dana,Diane Yendol-Hoppey,Logan Rutten,2025-05-30 Transform your teaching and shape education through the power of inquiry Grounded in real world examples and more than 30 years of research in professional development the fifth edition of The Reflective Educator s Guide to Practitioner Inquiry addresses how inquiry fosters curiosity reflection and practical action to enhance effective classroom learning This latest edition invites educators to view inquiry as a process a product and a stance The book offers new sections on the relationship between AI and teacher inquiry and the ways in which inquiry is changing with the times Additional features and updates include A new chapter that provides a step by step guide to crafting an intentional actionable research plan Access exercises inductive and deductive data analysis worksheets ethical guidelines and examples addressing today s issues in education A discussion of the connections between practitioner inquiry and supporting the academic success of every student The Reflective Educator s Guide to Practitioner Inquiry fifth edition empowers educators at every stage in their careers to investigate their practice drive sustained professional growth and harness inquiry s potential to create classrooms where both students and teachers thrive Engaging Life's Deepest Questions: Teacher's Guide Dr. Octavian Caius Obeada,2025-06-26 Teacher s Guide Overview The Teacher s Guide for Engaging Life s Deepest Questions is a thoughtfully designed companion manual aimed at equipping educators to teach apologetics with clarity compassion and spiritual depth Its purpose is to empower instructors not only to deliver theological and philosophical content but to form students in discernment empathy and Christian conviction This guide provides Clear instructional support through chapter objectives key concepts and thematic outlines Engaging classroom tools including thought provoking discussion questions creative exercises formative and summative assessments Practical teaching strategies for navigating sensitive cultural issues with pastoral wisdom and theological integrity **Light: a series of experiments, by A.M. Mayer and C. Barnard** Alfred Marshall Mayer,1878 Who Am I? Reflecting on a Personal Journey of Self-Authorship Laura Vaughn, Who Am I Reflecting on a Personal Journey of Self Authorship Laura Vaughn Florida State University United States of America ABSTRACT This reflective paper shares the experiences of a higher education professional living and working abroad and the long term impacts of those experiences on their self authorship journey through reflection ten years later The story of this reflection focuses on how cultural differences and community ties helped to facilitate growth and self confidence through navigating the challenges and complexities of living abroad in a culture with differing conventions The paper concludes by sharing how

reflecting on self authorship during and after international experiences can help develop personal identities both as an individual and within a collective

Keywords self authorship narrative reflection cultural adjustment international education individualism vs collectivism

Handbook of Counselor Preparation Garrett McAuliffe, Karen Eriksen, 2011 This definitive single volume guide is the first of its kind on teaching and developing counselor educator programs that embrace constructivist and developmental theory Leading scholars and experts offer practical advice on teaching courses in every area of counseling practice As a result the book is ideal for current and future counselor educators and supervisors as well as faculty in other helping professions The authors seek to inspire educators to empower and involve to risk losing control over subject matter to hear student voices to pose dilemmas and to challenge their own assumptions in the presence of their students using constructivist developmental and experiential thinking and strategies

Daring the Doctorate Ada Demb, 2012-12-15 One of the best kept secrets about doctoral education is the large proportion of students who are mid career Yet few researchers focus on these students Daring the Doctorate is the first major work to address the life circumstances of these mid career doctoral students Based on the experiences of fifteen successful graduates the author develops perspectives and frameworks to assist those contemplating doctoral study as well as faculty and staff advisors and even recent graduates who wonder whether only they found the road to graduation so complicated In this thorough guide to the doctorate degree study participants speak freely about their reasons for pursuing doctorates as well as the financial personal intellectual and professional challenges they faced Their circumstances reflect a variety of situations single married and partnered some mothers and fathers male and female some as young as twenty six and others approaching their middle ages We learn about their passion for learning about guilt and isolation the time pressures the exhilaration and key supporting roles played by family peers advisors mentors Wizards and Guardians We come away with a profound appreciation of the courage and tenacity of these talented individuals and a better understanding of how to help others like them succeed

The Creative Reflective Practitioner Linda Candy, 2019-11-26 The Creative Reflective Practitioner explores research and practice through the eyes of people with a wholehearted commitment to creative work It reveals what it means to be a reflective creative practitioner whether working alone in collaboration with others with digital technology or doing research and what we can learn from listening and observing closely It gives the reader new insights into the fascinating challenge that having a reflective creative mindset can bring Creative reflective practice is seen through practitioner ideas and works which have informed the writing at every level supported by research studies and historical accounts The practitioners featured in this book represent a broad spectrum of interdisciplinary creative activities producing works in film music drama dance and interactive installations Their work is innovative full of new ideas and exciting to experience offering engagement and challenge for audiences and participants alike Practitioner interviews give a direct sense of how they see creative practice from the inside The ways in which these different situations of practice stimulate and

facilitate reflection in practice and how we can learn from this are described Variations of reflective practice are discussed that extend the original concepts proposed by Donald Schön and a contemporary dimension is added through the role of the digital in creative reflective practice as a tool mediator medium and partner This book is relevant to people who wish to understand creativity and reflection in practice and how to learn from the practitioners themselves This includes researchers in any discipline as well as students arts professionals and practitioners such as artists curators designers musicians performers producers and technologists Integrating Service Learning and Multicultural Education in Colleges and Universities Carolyn R. O'Grady, 2014-04-08 Provides a systematic presentation of research theory practice related to the ways in which service learning multicultural education can should be integrated Authors share a commitment to a vision of education that synthesizes action reflection **Poole's Index to Periodical Literature: 5th suppl 1902-1906**, 1908

The New World, 1892 Includes section Book reviews **Stepping Up to Stepping Out: Helping Students Prepare for Life After College** George S. McClellan, Jill Parker, 2012-06-21 Undergraduate students come to college from a myriad of pathways for a variety of purposes and the same can be said of them as they leave to head off into their next endeavors Arguably the most important goal of higher education is to prepare students to achieve their postcollege aspirations and campuses typically pursue that goal through a combination of curricular and co curricular programs and services for students This issue offers readers a glimpse into contemporary context and practice related to helping students with their after college transition from one form of education two year or four year to the next four year graduate or professional school from education to workforce or from education to military service This is the 138th volume of this Jossey Bass higher education quarterly series An indispensable resource for vice presidents of student affairs deans of students student counselors and other student services professionals New Directions for Student Services offers guidelines and programs for aiding students in their total development emotional social physical and intellectual **Research Anthology on Instilling Social Justice in the Classroom** Management Association, Information Resources, 2020-11-27 The issue of social justice has been brought to the forefront of society within recent years and educational institutions have become an integral part of this critical conversation Classroom settings are expected to take part in the promotion of inclusive practices and the development of culturally proficient environments that provide equal and effective education for all students regardless of race gender socio economic status and disability as well as from all walks of life The scope of these practices finds itself rooted in curriculum teacher preparation teaching practices and pedagogy in all educational environments Diversity within school administrations teachers and students has led to the need for socially just practices to become the norm for the progression and advancement of education worldwide In a modern society that is fighting for the equal treatment of all individuals the classroom must be a topic of discussion as it stands as a root of the problem and can be a major step in the right direction moving forward Research Anthology on Instilling Social Justice in the Classroom is a comprehensive reference

source that provides an overview of social justice and its role in education ranging from concepts and theories for inclusivity tools and technologies for teaching diverse students and the implications of having culturally competent and diverse classrooms The chapters dive deeper into the curriculum choices teaching theories and student experience as teachers strive to instill social justice learning methods within their classrooms These topics span a wide range of subjects from STEM to language arts and within all types of climates PK 12 higher education online or in person instruction and classrooms across the globe This book is ideal for in service and preservice teachers administrators social justice researchers practitioners stakeholders researchers academicians and students interested in how social justice is currently being implemented in all aspects of education

Poole's Index to Periodical Literature: Fifth supplement, January 1, 1902-January 1, 1907 William Frederick Poole, William Isaac Fletcher, 1908

Invitational Education and Practice in Higher Education Sheila T. Gregory, Jenny Edwards, 2016-03-09 This edited collection examines the means to create maintain and enhance welcoming colleges and universities in the United States and abroad with personal accounts case studies models programs and other frameworks written by practitioners in higher education The contributors explain how they have created inviting classrooms established friendly educational experiences both within and beyond the classroom engaged faculty and enhanced the teaching experience and developed instruments to assess invitational strategies in higher education from a global perspective

Adopting the Melody of Phrase: An Mental Symphony within **Who Am I Reflection Paper**

In a global taken by screens and the ceaseless chatter of instantaneous communication, the melodic elegance and mental symphony produced by the written word usually fade in to the backdrop, eclipsed by the relentless sound and disturbances that permeate our lives. However, located within the pages of **Who Am I Reflection Paper** an enchanting fictional treasure full of natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that charming masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we will examine the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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