

Junior Core Reflection

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HSP 305

Through this past year, I have not only learned how my personal system effects what happens in my life but how those around me shape who I am to become. Reviewing my old papers allowed me to see the growth and changes I have made during this time. As I discuss some of the moments that have changed who I am over the past three quarters, I want to remember my values I first discussed –faith, changing one’s perspective and time is precious.

“Happiness can be achieved through the systematic training of our hearts and minds, through reshaping our attitude” (Cutler, 2003, pg. 1). The first quarter of this year was spent learning about myself and all the different things that had shaped who I am. As I basically reviewed my life and major events, I notices that many of the things I saw as negative had many positive outcomes that at the time I could not see, as they did not come until later. It was through the in-class assignment of making a timeline that I was able to see how my life had laid itself out. Because we are not able to see what the future holds for us we often get caught up in the now. This idea flows into working with people, as a Human Service professional we will see people at their worst. In places where they cannot see what positive things might lie ahead for them. In understanding our own personal past and how it has shaped us, we can intern show others how their situations is temporary. In reexamining my values after our class discussion on religion I realized that faith was a belief and what that belief taught me to value was hope. I truly feel that without this there would be no purpose for going on with our lives. To be hopeless is probably more tortuous then any

abuse someone could sustain because then there is no reason to try to remove yourself from that situation. Hope can exist anywhere, anytime and it is what drives people to change their lives, the hope that in making the change things will get better. I strive to carry hope with me always.

Quarter two was a time to learn about taking your personal system and adapting it to work with others. Nicole was my dyad partner. She taught me a lot about what it meant to be apart of a working relationship. "Dialogue involves 'turning toward the other'...physically, mentally, and emotionally... In doing this we can recognize that they are not us; they are separate, different, and worth of our respect" (Smith & Smith, 2007, pg 78). Nicole had many times where we would dialogue. She and I share similar experiences and yet lead very different lifestyles. It was interesting to me that we had come to the same place. After meeting her the previous winter quarter, and both debating between two different fields of study and ultimately choosing the same one. All of these seemingly serendipitous events reminded me that not only is time precious but also has a set course. Often we have discussed the idea of chaos theory. The world at times does seem to be in utter chaos but some how, some way all that is supposed to happen does. As our professional relationship ended, we developed a more personal one that I very much treasure. She supported me through a time in my life and has now been a part of the outcome.

This last quarter has been the most challenging. I felt coming into the quarter that I would have no problem working with this group. However, our challenges did bring me closer to each individual. It also taught me a lot about my professional self. Through this experience I got to learn new ways of talking to be people, how to problem solve and allowed me to practice posse. Having to present this situation to the class was the hardest

thing I have had to do in my entire school career. It brought me back to one of the values I had originally stated, changing one's perspective. Each person that classroom was trying to understand what had happened. Once again I reexamined this value, and realized that it was not about changing one's perspective – although that might happen – it was about being open to new ones. No one in this world can completely understand someone else's perspective, even if you have experienced the exact same things. However, we should be willing to listen and see how it affects that person. We can connect moments in our lives where we have felt similar emotions and try to be empathetic. "I need to learn to value your perspective and I want you to value mine... I know we don't need to agree with each other in order to think well together. There is no need for us to be joined at the head. We are joined by our human hearts" (Wheatley, 2009, p.41).

Through this past year I have discovered much about myself. My values have morphed and through this I have grown. As I look toward my future in this field I know that I am standing on a very solid foundation. I anticipate great things for all of us and will be proud to say some day that I knew that person when...

References

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Wheatley, M.J. (2009). *Turning to one another, simple conversations to restore hope to the future*. San Francisco, CA: Berret-Koehler Publishers, Inc.