

Reflection

1. Reflect on what you learned about “real life” in doing this project. How has doing this assignment changed the way you think, feel or behave in your own life or career?

When I was reading the book *Finding Fish*, I learned many things. I learned about the abuse people endure throughout their lifetime. I learned how one single moment, statement or action can alter a person’s life. I learned that not everyone who is “likely” to continue a life cycle of abuse and neglect, do.

This assignment has changed the way I think; in the matter that I have to be more aware of the way others speak, act and talk. In the medical field I’m in, there may be times I may come across someone in need of help and have no way to communicate. In regards to my personal life, I’m aware of the many great people that surround me. I learned not to take for granted what I have. I learned to be grateful for my surroundings.

2. How has doing this project enhanced or your understanding of developmental psychology? How will you use this information in the future?

Not only this project but this class has taught me many things. I have learned of the different stages of life people go through. I have learned to understand why some people do the things they do, and learned not to judge.

I'm already using this information in my everyday life, I understand why teen pregnancies occur, I have a better understanding of reactions to death. I have enjoyed this class very much. I have learned many different aspects of why the importance of prenatal care is vital. I have learned the importance of showing a child you love them, care and nourish them. A life cycle that can affect everyone in it.