

Social and Emotional Development

Reflection Journal

Before reading the chapter, think about each question and reflect on your experiences. Respond to the questions based on knowledge, feelings, and experiences you've had.

1. Recall several personal social experiences prior to becoming an adult.
 - a. What factors outside of you affected these experiences? What internal factors affected these experiences?
 - b. What factors may have affected the other person or persons involved in your social experiences?
 - c. What made these experiences so memorable?

After reading the chapter, revisit the questions and respond based on the knowledge you have gained. Do not look at your original responses.

1. Now address theoretical issues regarding the intra- and inter-personal factors you described before learning about social and emotional development. How can the theories and concepts discussed help you better understand your social experiences?

Now that you have answered the questions again, compare your initial and concluding responses and reflect on the knowledge gained and changes in your responses. For example, consider:

- 1) How have your responses changed?
- 2) What knowledge have you gained?
- 3) How has your new knowledge affected your interpretation of events?