

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?

In every assignment I choose for this project, I learned more than one could ever possibly say and it is all something that I'll keep in mind and use forever in my life. I love to have the knowledge that I gain from it; it has helped me with my family, issues from my personal past as well as becoming more educated so that I can be more help to those that I will meet in this lifetime.

It's good to know that when something must to happen and its normal, like the difference between nature and nurture I am able to use what I have learned and consider myself more prepared because these things happen to most all human beings. I have become more confident with the idea that it is all just a part of life. I have chosen to call it the nature of the beast because some things that are due to both nature and nurture can definitely feel like they are of some sort of beast. But the greatest news is that I am confident in how to deal with such situations. We all have to go through, just talking about Adolescence here, for some people it's scary, for others weird, but what I have learned is that what I went through is natural and a part of the process.

There are a lot of young adults out there that need help, lots of adolescents being a victim of bullying. It truly changed the way I think about a gossip or making fun of others, because now I know that sometimes a simple word could lead a person to feel bad about themselves, or even lead to desperate situations you never know when your word is going to be someone's last, so I have decided to really make a change and try my hardest to make sure that I am clear with how I handle each very individual situation. I have learned personally how harmful a simple email or text message could be for others, it

made a big difference in the way I see and do things.

When Writing about Long terms Effects of abuse because I have been through a really sensitive situation myself with a good friend of mine I understand that this is real life, abuse happens every day, one thing lead to another and because changes were not made a precious life was taken from us. Everything makes sense now when I think about the way some people have behaved or treated me or someone that I care about when in the past I could not understand why some people have such behaviors. I am able to see now why those situations may have taken place. I know people that have hurt and struggled so much and now I am able to be more understanding no matter the situation they find themselves in. This has become particularly in handy with my family and close friends.

Today I pay more attention on what's going on around me and my family and always will be willing to help others when at all possible, be as understanding and sympathetic as I can. I can tell that a huge changed happen and a great amount of knowledge was acquired. Knowledge that I am sure I will use and put into practice. The way I see somebody that committed suicide today is totally different, I can understand more the reasons and the suffering that leads a person to commit such horrible act, and not just have a closed view and personal opinion. I can understand that there are more than just simple desires to die.

Genes play a big role in human life; I am able to understand why a person genetic disposition is a huge factor that leads to what makes them who they are or why such behaviors in one's personality take place. I feel that my knowledge expanded and so many things by reading and doing this project will have a great affect in my daily life and

career.

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

It has enhanced my development in psychology in so many areas of social skills and way of thinking about life. I had a different idea of what psychology was, and the study of, and today I can understand so many things that before I was unable to. Human behavior is a very interesting area and sometimes difficult to understand, but studying a little bit of psychological development, makes it so much easy to understand and accept facts.

As I said in question 1, there is so many ways and areas I can use the information I acquired from this project and class. In the future I know that I need to act in different way than I used to in some cases. I know that now I can deal with problems in my own home in a better way, problems that I thought there was no solution, accept the facts that life brings to us and try to be happy is the best we can do.

I feel more instructed to talk about certain subjects with other people; I believe that doing this project and participating in class, reading the book and doing assignments made me more able to communicate with those that I need to in the best way possible.