

End of course evaluation

[Psychology](#)



Reflection Essay Reflection Essay The in human sexuality has tackled different aspects and facets that define sexuality today. A diverse range of theories has been described throughout the course, and the pertinent relevance to understanding the complexities that define sexuality in humans. The course defined the female and male anatomy, the hormone system governing sexuality, and biological sexual differentiation, the emergence of transgender identities, sexual individuality, reproduction and birth control. In addition, the course enabled me to understand the different concepts of sexuality throughout the various stages in life. Such in-depth understanding has helped me to comprehend the different sexual behaviours, identities, and values exhibited by different people during various stages of life.

Application of concepts in the Workplace

In my workplace, I interacted with adolescents who were beginning to exhibit different sexual behaviours, some characterized as conforming to the normal sexual behaviour, while others presented highlights of transgender orientation. The course has helped me to understand that the adolescence stage is one of the critical stages in human sexuality as it is in this that sexual identities emerge. From the knowledge gained in this course, helping these adolescents deal with the dilemma they were facing has become a possibility (Kelly, 2014).

Valuable lessons learnt in the course and challenges faced

One of the intriguing things that this course brought to my understanding is the evident difference of the understanding of sexuality in different societies. Notably, each society has defined its unique set of sexual values that serve to determine the sexual roles adopted by men and women. Through the interpretation of the available cross-cultural findings on sexual values, I have

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gained a deeper understanding of the evident difference in cultural sexual roles (Golanty, & Edlin, 2012). Although the course was intriguing and well presented, I had difficulties understanding some of the theories that have been developed to define sexual individuality.

References

- Golanty, E., & Edlin, G. (2012). *Human sexuality: The basics*. Sudbury, MA: Jones & Bartlett Learning.
- Kelly, G. F., (2014). *Sexuality Today* (11th ed.). New York, NY: McGraw-Hill.