

# Final project: personal topics presentation



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## 1. Final Project: Personal Topics Presentation \* Resource: Appendix A \*

Create an 8- to 10-slide Microsoft® PowerPoint® presentation in which you summarize each of the topics you have chosen and outline how you may implement what you have learned about these topics into your life. \* Include detailed speaker notes. \* Format your presentation according to APA standards. \* Post your presentation as an attachment. \* During this week, you will add the future time period to your Microsoft® PowerPoint® presentation portfolio. Choose any three of the following major topics from the course: \* Love Empathy \* Wisdom \* Commitment \* Happiness \* Self-respect Hope Social attachments are important to our personal happiness and have enabled our survival as a species. Our interactions with our first caregivers yield different attachment styles: secure, avoidant, or anxious. The emotional bonds formed early in life lay the foundation for later love relationships. Childhood attachments and adult romantic attachments are marked by physical closeness, caring, and longterm commitment. Both nature and nurture are crucial factors in shaping attachment style, and our patterns of relating can change.

Robert Sternberg's triangular theory identifies passion, intimacy, and commitment as the key components of love. Various combinations of these factors may yield different types of love. The key ingredients of romantic love are passion and intimacy. Although men and women express somewhat different mate preferences, they identify mutual attraction to be the most important factor in choosing a romantic partner. Hatfield's two-factor theory suggests that we are likely to interpret physiological arousal that occurs in a romantic context as passion. Intimacy is fostered by mutual self-disclosure.

Companionate love, the affection we feel for those with whom our lives are intertwined, combines intimacy with commitment. Such commitment leads partners to think of themselves as “we” and enables people to endure times of high cost and low rewards in a relationship. Long-term commitment is fueled by equity in which outcomes are proportional to investments. The minding theory of relationships states that building knowledge about our partners, respecting differences in habits and values, and making favorable attributions for their behavior builds lasting bonds.

Carving out time to talk, handling conflict constructively, expressing admiration, practicing affection, creating shared meaning, and modeling Michelangelo are additional strategies for fostering a consummate love of passion, intimacy, and commitment. CH10: 33 AM Page 39 As infants we survive only if an adult is willing to meet our basic needs. Early in life we form bonds with our caregivers. “Love begins at the beginning,” suggests Deborah Blum (2002); “perhaps no one does it better, or needs it more, than a child” (p. 170). Our most important first question is: Can I count on my caregiver to be available and responsive when needed?

There are three possible responses to the question: yes, no, and maybe (Hazan & Shaver, 1994). Thinking back to your own childhood, how would you answer? CH01. qxd 1/13/04 10: 33 AM Page 22 S E L F - A S S E S S M E N T First Attachments Read the following three paragraphs and select the one that best describes your relationship with your mother when you were a child growing up. Then select the one that best describes your relationship with your father. 1. Warm/Responsive—She/he was generally warm and

responsive. She/he was good at knowing when to be supportive and when to let me operate on my own.

Our relationship was always comfortable, and I have no major reservations or complaints about it. 2. Cold/Rejecting—She/he was fairly cold and distant or rejecting, not very responsive. I wasn't her/his highest priority; her/his concerns were often elsewhere. It's possible that she/he would just as soon not have had me. 3. Ambivalent/Inconsistent—She/he was noticeably inconsistent in her/his reactions to me, sometimes warm and sometimes not. She/he had her/his own agenda, which sometimes got in the way of her/his receptiveness and responsiveness to my needs.

She/he definitely \* loved me but didn't always show it in the best way. Axia College Material Appendix A Final Project Overview and Timeline Final Project Overview The final project allows students to review the topics covered over the past eight weeks and reflect on which they believe have an impact on their lives. This is the final installment in a three part portfolio of their lives. The first entry in Week Six focuses on the students' pasts and their methods for pursuing happiness. The second entry in Week Eight focuses on how they presently foster hope when pursuing goals.

The final entry in Week Nine provides students with the opportunity to choose and summarize any three of the topics covered throughout the course and how they can implement what they have learned about those topics into their lives. Final Project Timeline You should budget your time wisely and work on your project throughout the course. As outlined below, some CheckPoints in the course are designed to assist you in creating your

final project. If you complete your course activities and use the feedback provided by the instructor, you will be on the right track to complete your project successfully. Suggested in Week One: Read Appendix A \* Due Week Six: complete the Pursuing Happiness CheckPoint. This CheckPoint will help you to choose a topic for your portfolio in your final project. \* Due Week Eight: Fostering Hope CheckPoint. This CheckPoint will help you to choose a topic for your portfolio in your final project. \* Due in Week Nine: Final Project: to love who you are. Because we err and hurt, we can empathize when other people are hurting. We can reach out of ourselves, forget our own pains, and hold other people up when they need it.

That we have strengths and weaknesses is intrinsically human. When you realize your flaws can help the world and bring us closer together, suddenly they seem less like liabilities and more like assets. <http://theboldlife.com/2011/03/ways-finding-wisdom-age/> . Once we accept that we're worthy of love and our dreams, the natural next step is to actually create those things—not what we think we should do; what we really want to do. Give yourself permission to not be perfect, and instead focus on progress. Love in action every day. Do something kind for you.

Do something kind for others. Do something kind for the world. Acknowledge your weaknesses, work to improve them, but say loud and proud that they will not define you. If you start worrying about the future or dwelling on the past, remember you deserve to enjoy the present—but only you can make it happen. I haven't always done this. I've let a lot of moments slip away while I curled up in my head, wishing I was someone better. But those moments

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have passed, and in this moment, I am happy with me. I may not know you, but I know I want that love for you, too.

I know you deserve it. This has been a little uncomfortable for me, to be honest. I've yet again split myself open. But this time I'm not trying to change what's inside. I'm just here telling you I am flawed, like we all are, and that's not only OK but beautiful. Much love and light to you from someone ever learning what love really means. That's a picture of me, feeling really happy with who I am. I invite you to post a similar one on your site—because you are beautiful! I also invite you to subscribe to Tiny Buddha, either for the daily emails or the weekly digest.

I am forever 1. Expect to work at acquiring wisdom. The capacity for sound judgment and judicious action is an acquired strength. The idea that intellectual potential can be developed is an important belief that fosters the growth of genius over time (Dweck, 2002). Wisdom is not a fixed trait. What is true of intelligence is even more true of wisdom: Making wise judgments is not just a product of genetic good fortune, it's also a result of effort and experience. I know that I can expect to follow a long process of self-development and self-discovery in working toward wisdom.

The fool doth think he is wise, but the wise man knows himself to be a fool..  
~William Shakespeare, As You Like It 2. Be open to experience. This may be the most influential factor in the development of wisdom (Kramer, 2000). Be adventurous and inquisitive about many A study of wisdom's exemplars and defining characteristics suggests that this human strength includes analytical ability, emotional intelligence, and tacit knowledge. In addition, I believe that

I can ignore my immediate self-interest and be committed to the values of truth and justice. In my search for wisdom I know that I will need to balance my short- and long-term interests with those of others and with my values and other factors.. I need to keep in mind that wise judgments seem to require strong factual and procedural knowledge as well as an understanding of life's uncertainty, of its diverse social roles, and of differences in values. C H A P T E R 4 96 CH04. qxd 1/13/04 10: 38 AM Page 96 different things.

Reflect on life's dilemmas and challenges and play with ideas. Develop interest, perhaps even sophistication, in art, music, and literature. 3. Stay keenly aware of the limits of human knowledge and intuition.

Tolerate ambiguity and learn to accept the unpredictability of life. There are often different ways of looking at a problem, and life's complexity and uncertainty sometimes means there may be no perfect solution. In positions of power, we are especially vulnerable to three errors in intuition: thinking that we know more than we do, believing we are all-powerful, and feeling that we will always be protected (Sternberg, 2002b). Be aware of the human capacity for such self-deceptions, and give up illusions of omniscience, omnipotence, and invulnerability. 4.

I believe that I will need to seek to understand significant problems from many different points of view. As I continue to search for wisdom I will need to accept that life's important challenges with others will enable me to discover my own values as well as theirs. By Interacting with people I will be better able to identify and correct errors in social judgment and consider alternative courses of action. By going public with our decision-making

processes, we better understand how knowledge may be used for good or ill, and that the end to which knowledge is put, matters. 5.

Master wisdom by studying its exemplars. Study the classic works of literature and philosophy and reflect on the collective wisdom of the ages and its application to the present. Seek out contemporary role models as well. This will help you understand the tacit knowledge that allows us to adapt to our specific Wisdom, the knowledge of what is true involves a deep understanding of people, things and situations. In short, wisdom is a deeper insight into what life means environments. 6. Learn to strike an appropriate balance between knowing when to adapt and when to select a new environment.

Suppose, hypothesizes Sternberg (1996), you go to work for a computer company because you are eager to write software for educators, but you find that your new job involves stealing ideas from competitors. Wise people don't adapt; they leave. Wise people also recognize a third option—to shape the environment. You don't leave your job because of a single <http://www.buzzle.com/articles/how-to-get-wisdom.html> aggravating coworker, you don't abandon your family because the kids behaved badly, and you don't divorce after your first big fight. Instead you hang in there and find ways to shape the environment in the best interests of all.

You need to effectively balance the need for stability and continuity with the need for change. 7. Work at mastering the steps of effective problem solving. Sternberg (1996) has identified five key skills in successfully intelligent people. Work on these areas as you strive for wisdom: a. Recognize the

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existence of a problem before it gets out of hand. b. Define problems correctly and decide which ones are worth solving. W I S D O M 97 CH04. qxd 1/13/04 10: 38 AM Page 97grateful for this community, and I Wisdom is also about honoring people and caring about their rights and it is reflected in the courtesy with which we treat others.

We hope these wisdom quotes have been inspirational for you. You do know many things. Your lifetime has seen the accumulation of much personal knowledge, living experience .. and wisdom. You are able to recognize certain patterns Wisdom is the living marriage of Knowledge and Experience. Whether you accept it or not, it is the often unconscious insight born of this inner wisdom has kept you alive and led you to where you are now. thank you for being part of it! Wisdom is realizing there is a gift or a lesson in everything that life brings . . . herefore every experience can help us grow and become wiser As I try to obtain wisdom I need to realize that there are often different ways of looking at a problem and the fact that life is complex and uncertain sometimes means there may be no perfect solution. I will also need to keep in mind that we are vulnerable to errors of intuition such as thinking that we know more than we do, believing we are all-powerful, and feeling that we will always be protected (Sternberg, 2002b). I need to recognize that self-deception is a part of human nature, and I will never be invulnerable and all powerful. here are more than one way to and learn to accept the unpredictability of life. There are often different ways of looking at a problem, and life's complexity and uncertainty sometimes means there may be no perfect solution. In positions of power, we are especially vulnerable to three errors in intuition: thinking that we know more than we

do, believing we are all-powerful, and feeling that we will always be protected (Sternberg, 2002b). Be aware of the human capacity for such self-deceptions, and give up illusions of omniscience, omnipotence, and invulnerability. \*