

Reflective Essay

For as long as I can remember I've always wanted to go into a career dealing with families and helping them. I want to be a counselor so when I decided what I would major in while getting my degree I have dabbled in Psychology as a possible major, but this semester I wanted to take a Sociology class and see if that was another possible major for me and in taking this class I've learned many things about society and cultures. I found many similarities with Psychology which made taking this class interesting and I thoroughly enjoyed the things I learned. Because of the desire I have to obtain the degree I have set my mind to achieving I thought taking Sociology would give me a better understanding of the things I set to accomplish in my life.

With this class I've learned many things about society and culture that I never got the opportunity to learn about in depth while studying Psychology. My emphasis for my degree is human and family development. I want to focus mostly on the relationships inside of the family structure whether that be a nuclear family or a split family I want to dive into the families to find a health balance. While taking this class I have had the chance to dive deeper into the culture that surround most families and gives me an insight into helping the various different families.

While writing the paper I chose to incorporate into my ePortfolio I found that families can be destroyed within a matter of seconds. I learned and grew in enormous ways from my experience and through living it and then reflecting on the trial I had to overcome. Humans make mistakes, it's a natural process that becomes a learning tool for all of us. I know that

through trial and error we grow and turn into what we are supposed to become and I am not ashamed of the mistakes I have made which is why I chose to include this piece. How I have felt through this experience has brought a new light into my life and I now understand that even good people can fall. I have taken this experience and turned it into a learning tool and have now devoted my life and career to helping those just like me overcome their desires and push through their addictions.