

Example Reflection Paper

Adult Development: Service Learning Reflection

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December 7, 2011

Late Adulthood: Service Learning and Life Review Project

During this Adult Development class, I learned a lot about the mental, cognitive, physical, and socio-emotional aspects of aging from our class discussions and textbook material. It was interesting to see the age and background diversity among our class participants, not excluding our encounters with the Women of West Oakland and the Sisters of Mercy. It was a very valuable learning experience for me to be able to apply the concepts learned in the classroom and online to the physical people we encountered. From all of the chapters in the textbook, I learned many terms for concepts that I knew, but did not understand the real definition and impact that they had on aging. I want to reflect on the different chapters that we encountered and talk about them and their meaning in regards to aging, as well as the relationships that they had with the elderly women that we encountered during our tea parties.

In chapter one, Cavanaugh discusses the definition of the lifespan perspective, which “divides human development into two phases: [the] early phase (childhood and adolescence) and [the] later phase (young adulthood, middle age, and old age)” (Cavanaugh, 2010, p. 4). The later phase was the basis for this class; it demonstrated that we were learning about the second part of life. Another definition that was seen repeatedly throughout the course was multidirectionality. Its definition is “development involves both growth and decline; as people grow in one area, they may lose in another and at different rates” (Cavanaugh, 2010, p. 4). The reason this definition

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