Introspection Activity

In this course we will spend a considerable amount of time exploring the philosophy of ‘Introspection’ (i.e. examining one’s own thoughts and feelings). There are several goals to this ‘self-exploration.’ These goals include exploring....

- Why you act and/or think the way that you do
- Why others act the way that they do
- Insight into the thoughts and feelings that drive humans
- More effective ways of handing the stress of daily life

Your task is to write a one page summary on who you are. Include content with components that have impacted your development (i.e. your past), describe yourself today by defining your individuality and characteristics that make you unique (i.e. present), and state where you see yourself going in life (i.e. your future).