

Reflection #6: Humanistic and Cognitive Theories (14.4)

The Task: On the Reflections Blog page of your ePortfolio, please choose one (1) of the following to respond to. **You should aim for approximately 200 words.** I will be using the Reflections Rubric to assess your response.

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1. Pick someone you know (friend, family, public figure) who you think has reached self-actualization or has almost reached self-actualization, and describe what that person is like. Use the chart on page 393 of *Understanding Psychology* and give specific examples of as many traits that Maslow identified for your subject (*Abraham Maslow*).
2. Write a reflective paragraph about who treats you with unconditional positive regard, whether you treat yourself with unconditional positive regard and whether or not you have conditions of worth, and if you do, what those conditions are (*Carl Rogers*).
3. Compare and contrast your schema with that of someone who is very different from yourself. Think about this person's behavior, and from that, try to determine whether their schema (outlook). Do you get along with this person, why or why not? (*George Kelly*)

Reflection Rubric	Does not meet	Minimally meets	Meets	Exceeds
Inclusion of criteria (pictures, description, recommended length, analysis and reflections)	<ul style="list-style-type: none"> No attempt to include all criteria 	<ul style="list-style-type: none"> Most of the criteria are met 	<ul style="list-style-type: none"> All criteria are met 	
Analysis (responses to content knowledge questions, application of course material)	<ul style="list-style-type: none"> None included 	<ul style="list-style-type: none"> Included but answers are incorrect Only basic understanding of concepts is displayed 	<ul style="list-style-type: none"> Included and correct Demonstrates understanding 	
Response to opinion questions (personal expression, voices personal interpretations, extends learning, demonstrated critical thinking)	<ul style="list-style-type: none"> Unedited, work submitted is in rough draft No attempt at a Professional and academic tone No apparent pride in work 	<ul style="list-style-type: none"> Minimal editing completed Inconsistent tone Does not read like a grade 12 assignment 	<ul style="list-style-type: none"> Uses a consistent Professional and academic tone Worthy of a Grade 12 academic assignment 	<ul style="list-style-type: none"> Response is complete & thoughtful. Professional and academic tone Displays clear effort and pride in work Worthy of a grade 12 assignment WOW