

Journal #1

Size 12 font double spaced 1 inch margins

1 ½ pages = B, 2 pages = B+, 2 ½ pages = A-, 3 pages = A

1. Revisit the idea of the well-adjusted teenager at CCHS. Go further in describing this image, and reflect on the extent to which this image is really normal and/or healthy. Is the amount of stress, the expectations, the pressure, and the daily lifestyle that we are asking you to live mostly healthy or unhealthy? Why/how so? Or why not / how not? How many students do we have walking around here that are on some level like Roe Grutmann, highly successful and seemingly happy on the outside but miserable on the inside? And if we have fallen into this trap that other affluent communities have fallen into, what are some things that we can do to make a positive change? Individually? In the school? As a community?
2. Reflect on how this image of the normal, well-adjusted student has influenced you personally in a positive and/or negative way.
3. How is our discussion of the normal, well-adjusted teen connected to our discussion of Humanistic Psychology?
4. Reflect further on your peak experience. What made this moment so special for you? How were you a different person? How did you approach the situation differently than usual? What did it provide that might usually be lacking in your every day life? How can you use this moment as a guide for you in the future? Why aren't you having more moments like these? Feel free to reflect on other peak experiences here as well...
5. To what extent have you been given unconditional versus conditional positive regard? What subtle and/or overt messages have been sent to you, in words and/or action, which communicate either conditional or unconditional love? What do you wish an important person would say to you, or do, that would convince you that this person's love was unconditional? (Note – this could be parents or someone else, friends, a sibling, a coach or teacher, etc.)
6. Reflect on Amy Cuddy's idea of presence. How often do you find yourself, in a conversation or situation, second-guessing yourself, assessing and worrying about everything you are saying and doing, worrying about what the other person is thinking about you, trying to tell them what they want to hear, hiding a personal weakness or inadequacy, etc., instead of being in tune with and expressing your authentic self – your thoughts, your feelings, your values, your opinions, etc.? (yes I know this is a run-on sentence, but I am expressing my authentic thoughts rather than worrying about what you think of my writing ability) Note: a good way to look at presence is to look at the second survey you did (on self-actualization).
7. Where are you on the hierarchy of needs and why/how so? Look at those things you put the most energy into. What need or needs from the hierarchy are you trying to satisfy? Is there a need (or needs) that you are stuck on in a way that is

unhealthy, in other words, a need or needs that you are, even slightly, “fixated” on? How so? What do you need to do to move up the hierarchy?

8. Another way to look at this is from the top down. What is your path to self-actualization? Do you know any parts of your path? How much of your time is spent on pursuits that you feel have nothing to do with your path? Why do you do these things? What needs on the hierarchy? What do you need to do to move closer to self-actualization?
9. Look at question 6 and/or 7 but analyze someone else using the hierarchy of needs that you know (no names please), or even a TV or movie or novel character.
10. Look more closely at the first survey you took, where you compared your real self to your ideal self. Use it to talk about some ways that you could align these two selves. How could you move who you really are more towards your ideals? At the same time, are there some elements of your ideal self that should perhaps move towards your real self? In other words, are there some aspects of yourself that are better for you to accept rather than try to change? Explore!
11. Is there a person you know who you think might be self-actualized, or closer to self-actualization than the majority of us? How so? How does this person embody some of the traits listed towards the end of the hierarchy of needs reading?
12. Look at CCHS. Is this a good place for self-actualization? How so? How not? To what extent does this school help students to meet the needs on the hierarchy? Do people here feel like they are accepted and that they belong? Who does? Who does not? Respected and admired? Who does? Who does not? Is there a chance here to find elements of your “true path?”
13. Create the ultimate high school for self-actualization. Feel free to think way outside the box here...