

Journal #2

Size 12 font double spaced 1-inch margins

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

1. What do you think about the humanistic approach to therapy? If you were in need of therapy, would you want a humanistic therapist? Why and/or why not? How might this approach be helpful to you in being a good friend or a good person to talk to? How have others in your life either embodied or failed to embody the qualities of this approach?
2. TRANSITION THEORY - Are you more of an old child or young adult? How are you still a child? In what ways does childhood still “pull” at you? What scares you most about being an adult and the next stage of life? How are you more like an adult? What entices you most about the next stage of life? How are you treated like a child or adult? **Where are you on the bridge, and why?** What do you need to do to get yourself fully out of childhood and fully into adulthood in the near future?
 - Or, analyze someone else using this theory
3. COGNITIVE DEVELOPMENT - How do you think differently now in comparison to when you were younger? Have you thought for yourself about your values, morals, and direction in life? Have you questioned the rules, values, and morals that have been passed down to you from parents and other important authority figures? How so? And/Or How not? **PARENTS** - How has your relationship changed with your parents as a result of this? Do your parents encourage you to think for yourself? Do they explain the reasoning behind their rules? Do they listen to your arguments? **SCHOOL** - How does your high school experience support or fail to support your cognitive development? What cognitive capacities stand out to you as capacities you have really developed? How so? Or not developed? Why?
 - Or, analyze someone else using this theory
4. CCHS SOCIAL SCENE - How “cliquey” is CCHS? Have things gotten better in the school in terms of cliques and meanness as you have gotten older? How so and/or how not? How rigid or fluid are the social boundaries? To what extent is there still a social hierarchy here based on popularity? Where have you fit in or failed to fit in through all of this?
5. ERIKSON IDENTITY CRISIS – Erikson - Where are you in terms of knowing your identity? Perhaps focus on individual components of your identity – job, values, beliefs, life philosophy, etc. Which of these components are known to you? Not known to you? Somewhere in between? How have social groups in middle or high school affected the development of your identity? Positively? Negatively? Where did you fit in or fail to fit in? Were you mean? Were others mean to you? How did this affect the development of your identity? Which of Marcia’s solutions to the identity crisis best fits you at this point? How so?
 - Or, analyze someone else using this theory

6. If you had complete freedom, what would you do to help you in solving the identity crisis? What would a great psychosocial moratorium be for you, and why? Even without complete freedom, and within the confines of your everyday life, what could you do – what actions could you take and what experiences could you seek out, that would help you in constructing your identity?
7. Is this school a good or bad place for adolescent development? Use one or several theories that we have explored to assess the way this school operates. With this in mind, what are some changes that you would suggest for making this school a better place for adolescent development? Consider one or several of the following:
 - Transition Theory - Helping students make the transition from childhood to adulthood.
 - Cognitive Development – Helping students develop the new cognitive skills that arise during adolescence.
 - Identity – Helping students construct the components of their identities.
8. Instead of critiquing our school, focus on constructing the ultimate school for adolescent development. Feel free to think way outside the box here. Pick one theory as a basis for your school, or pick ideas from several theories.