

The Development of Personality: 3 Factors of Personality Development Discussion Questions

1. Based on what you have learned about Albert Bandura's Social Learning Theory, how is it applicable to personality development?

According to Bandura's Social Learning Theory, people learn behaviors through observing those of others. Essentially, one's habits and behaviors are what makes up their general personas because they ultimately shape the atmosphere around them, attract a certain type of energy, and determine one's interactions. Thanks to his Bobo Doll experiment, it is determined that there are 4 cognitive and behavioral processes taking place while a child is observing an action take place and a reward being given for demonstrating said action.

2. According to the theory of reciprocal determinism, or behavior interacts with our environment and our personality variables to influence our life. Can you think of situations in which your actions caused a noticeable change in the people or situations around you? Remember that those can be good or bad?

I recall a situation in which the atmosphere was very tense, people were a little heated up about at each other and a certain circumstance. I remained calm and said reassuring words, and noticeably, that caused a shift of bad thoughts and ideas and really made things flow a lot smoother.

3. What do you know about your cultural background? Share details. Are you proud of your background in a way that has shaped your life? How? If you don't know much about your family's history, who might you turn to for information? Try it; you may learn something fascinating about yourself.

I am a proud Haitian individual. I love my culture, I love the history of Haiti, the people, the food and traditions. All of it. Finding things to love about it is what shaped my life and the pride I take in being Haitian. I wasn't always this way. There was a time when I was called things like Voodoo girl or claims that I had voodoo dolls in my backpack. This made me almost despise being Haitian. I would never embrace it in public, I would deny it in school the following years as well. It was until I learned through reading and researching Haiti's history and patriarchy that I found quite a sense of true pride to be part of such a strong people.

4. To what extent, and how have religion, race gender, and age been important factors in your personal development (either currently or in the past)? Which do you expect will be the most important in your future development and why?

My family is faithfully religious. I come from a Haitian, Seventh Day Adventist home which parents that did not play. I appreciate my religion. It fits my curiosity and existential desires to learn about the universe and I could even say its what sparked it. Being a black female in my experience has had its past challenges. But its what has shaped how I know percieve those things to be and how they truly affect my place in not just this country, but this world. The expectations that come along with how much older I get are quite helpful. I was expected to be smarter than all the kids at my young age, and this prompted my love for going above and beyond with that I know. With this, I can have adult conversations and behave as maturely as Im otherwise needed to be. In my future, I think that the factor of my age will be a pivotal milestone in development for me, as I would like to do things kids my age wouldn't think of doing till later on, when all the fun is over.