

Reflection Paper – Chapters 11 & 12

Milton R. Hawkins

Beulah Heights University

Author Note

This paper was prepared for ATH115-OL Success for Life and Ministry, Online,

June 29, 2019

Dr. Glenise Harris-Wilson

As I read Chapter 11, it gave me an opportunity to learn how to develop critical and creative thinking skills. These skills are necessary more than I originally realized. Having this type of proficiency is necessary for supplying maximize output regarding ones success. Critical thinking stretches the mind as information is gathered to make decisions. Once information is obtained, then long-standing ideas may be questioned. We must be aware of preconceived notions. Critical thinking causes one to understand other viewpoints prior to criticizing them.

I also learned that moral reasoning guides thought to aid in living an ethical and principled life. This is extremely important in today's world, since morality has been diminished in some circles. As I continued to read, I learned that there are fallacies in reasoning. Some people use these fallacies for their own purposes, in an attempt to control you, or influence your decisions. Everyone does things for different reasons, and many times the end does not justify the means. It is always best to make decisions by reviewing information, and then make an informed decision based on the information obtained. Many people jump to conclusions based upon what they heard or feel. We must be cautious, and not allow others to play on our emotions for their benefit, and guard against stereotypes and biases.

The information presented in Chapter 12 was enlightening. With today's push toward healthy living, I learned the importance of our own contribution in lengthening our days. Life expectancy is greatly affected by what we eat, the environment we are in, and the choices we make. Naturally, smoking, drinking excessively, and using drugs, is a major factor in a person's decline.

It is necessary to eat balanced meals, and get adequate rest, and exercise if one desires to live a long, healthy and productive life. By doing so, we reduce the risk of high blood pressure, diabetes, heart disease and many other maladies. The chart provided for obtaining the (BMI) was beneficial. If used consistently, it will keep you abreast of your weight.

Valuable information was given to protect oneself from sexual assault. Most sexual assaults are committed by people that the victim knows. It was positive to see the many factors that cause stress. Putting into action the proper steps, can help reduce stress greatly. Everyone needs to take responsibility for their own life and learn how to relax and make positive changes to produce a healthy life.

I learned from both chapters the importance of reflecting on the ideas, styles, and processes that are necessary to have a productive life and to be knowledgeable of the tools that are available to prevent one from being deceived and taken advantage of. As I apply these methods, I will obtain growth, and be able to defend myself as I engage with others regarding issues pertaining to life and well-being. Both chapters help the reader to be well informed in their quest for fulfillment in life.