

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p><b>Step 1 Description</b>                  PBS Special titled Poor Kids. It was about a couple of families going through some hard times. It showed the struggle to survive and prosper in this world. Families were struggling to be able to provide and it was showing, affecting and weighing on the children. The children had a lot of stress placed on them when there shouldn't be. It was a time to be happy and have fun and be a kid and they couldn't do any of the things a lot of others take for granted.</p>	<p><b>Step 4 Analysis</b>                  Even when they were living rent free in the homeless shelter they were not saving. If they had a good week and had extra income they treated their self and splurged on things they missed out on. I was happy to see that they weren't wasting money on smoke, drink, or drugs. Som times when bad things happen people will get depressed and turn to bad habits that don't help the situation. I am glad that I didn't see that in this situation. I did see a pattern of spending that they only have their self to blame for. Later in the video they were still struggling because they were buying things that they wanted and not things they needed. It is easy to sit back and point fingers, I don't know the whole situation. They might have been gifts who knows.</p>
<p><b>Step 2 Feelings</b>                  It was really sad and it home way to much. Children shouldn't have to have that stress and worry put on them. They have enough to handle. They should be allowed to focus on school and being a kid. The hurt and struggle could be seen all over them. The shame and embarrassment. I was happy to see that they still had hope however. They did not completely give up and were trying to do better.</p>	<p><b>Step 5 Conclusion</b>                  I do believe that there are times that you have hard situations that you need help to overcome. However, they should be temporary. If you keep making excuses and not changing things you are going to repeat the pattern. You not only have to know what you want but need to learn how to get there.</p>
<p><b>Step 3 Evaluation</b>                  What I saw was people living paycheck to paycheck earning and spending. They were comfortable at the time and lived with what they made. It is amazing to see how fast things could change. Before the hard times they were spending what they made. No plans or savings for the future. When that income was gone they had nothing to fall back on. Nothing saved for hard times.</p>	<p><b>Step 6 Action Plan</b>                  Living in fear of what tomorrow might bring is not a good way to live life. Sometimes you feel that you might be stuck in a hole and need help. Help is there and it is designed to help you get on your feet. It is up to you to stay there. Start saving. Start an emergency fund. Even if it is just 50 dollars a paycheck, hold some. Don't use it . That way you have something for those hard times.</p>