

Psy 205—Paper 1

Lessons

The Portable Therapist and the epigram on our syllabus remind us to think of our mistakes as lessons. We learn lessons. We are enrolled in a full-time school called *Life*. Each day we will be presented with opportunities to learn what we need to know. The lessons presented are often completely different from those we think we need.

There are no mistakes—only lessons. Growing is a process of trial and error and experimentation. We can learn as much from failure as we can from success.

A lesson will be repeated until it is learned. A lesson will be presented to us in various forms until we have learned it. When we have learned it, as evidenced by a change in our behavior, then we can go on to the next lesson.

Learning lessons never ends. Some might even be repeated. There is no stage of life that does not contain lessons. As long as we live, there will be something more to learn.

Instructions:

Write two or three pages about what you have learned from your mistakes. You might write about mistakes & lessons with respect to:

Family	Religion
Friends & enemies	Abilities & disabilities
Loving & hating	Fitting in & not fitting in
Succeeding & failing	Cheating & being faithful
Going to school	Partying & drinking
Work & play	Helping & being helped
Losing & finding	Goals & dreams
Leading & following	Winning & losing

PAPER FORMAT & GRADING

Choose an appropriate title.

The title should be no more than two inches from the top of the page.

Start paper about a half inch below the title.

Use standard margins.

Use a good, clear, plain, legible font, size 12.

Double space between lines.

Make sure your printer makes dark letters.

Make sure you have a back-up printer.
(The average printer will fail just when you need it most.)

Do NOT use a cover-sheet.
(Or a cover, folder, binder of any kind.)

In the upper RIGHT corner:

Name _____

Psy 205 Hour _____

Paper # _____

Staple in upper LEFT corner.

GRADING CRITERIA:

Clearly written and understandable
Organized and focused
Thoughtful, insightful and perceptive
Personal and honest

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