

REFLECTION PAPER

As part of your educational sanction(s), you have been assigned a Reflection Paper. Please be advised that your paper should be reflective and should not serve to justify your own actions or evaluate the actions of others. You should utilize appropriate language, grammar and spelling.

This assignment must be typed (double-spaced, 12-point font), and submitted to the Office of Student Advocacy and Accountability by hand-delivery to Mims Hall Room 207 or via email to: osaa@southeastern.edu by the date and time indicated on your outcome paperwork.

Please make sure you are choosing the correct topic below as described in your outcome paperwork:

- Alcohol Use
- Anger and Managing Conflict
- Decision Making
- Fire Safety
- Guest Responsibility Reflection Paper
- Housing Agreement Review
- Individual Impact/Community Impact
- Knowingly Present
- Marijuana Use
- Noise Policy
- Safety in a Residential Community
- This I Believe
- Tobacco Use
- Values and Community Impact

Decision Making

The purpose of this assignment is to:

- Engage in purposeful thought about your decision-making process during your recent incident
- Identify elements of decision makers, decision traps, and habits
- Reflect on your responsibility related to decision making in the SLU community
- Identify how you want to move forward with your decision making

Watch the video [The Power of Decision Making](#). After watching this video please reflect on your decision-making process during the incident. Utilize the following questions as a guide for your response:

1. What are some aspects or concepts you related to the most in the video? Why do you believe these resonated with you?

2. Thinking about the incident you were involved in; what factors impacted your decision making? These factors may or may not have been mentioned in the
3. What is the importance of decision making for you moving forward? What, if anything, do you need to change about the way you make decisions?

The essay should have a minimum of 400 words.

Individual Impact/Community Impact

The purpose of this assignment is to:

- Engage in purposeful thought about the impact of your recent incident
- Identify elements of regret and how they apply or do not apply for you personally
- Reflect on the responsibility SLU community members have to their own personal decisions and decisions of others
- Identify how you want to move forward with your decision making

Watch the following video [Don't Regret Regret](#). After watching this video please reflect on your decision-making process during the incident. Utilize the following questions as a guide for your response:

1. How do the concepts of agency and imagination, as discussed in the video, show up, if at all, in how you remember your incident?
2. If you regret your incident, what are your thoughts on the characteristics of regret and how they show up in yourself?
3. After watching this video in what ways will you deal with regret and connecting back to yourself and others after your incident? How does this situation impact your future decision making?

The essay should have a minimum of 400 words.

Values and Community Impact

The purpose of this assignment is to:

- Engage in purposeful thought about your own values
- Reflect on how your actions in the SLU community have aligned or not aligned with these values
- Identify how you will enact your values moving forward

Watch the short video and complete the online values activity at [Mind Tools](#). Once you have completed the activity by prioritizing your top-ten values, use the following questions as a guide for reflection:

1. How was the process of selecting and prioritizing your top values? Anything surprising or not surprising?
2. Thinking about your values, how do these values show up in your behavior in this incident? In your behavior in general?
3. Do the peers or social groups you have share similar values or not? How do you know this?

4. Thinking about the SLU community, did your involvement in the incident reflect the values of the community?
5. What are some differences or similarities between your values and the SLU community values? How do you ensure your behavior aligns with SLU community values?

The essay should have a minimum of 400 words.

Marijuana Use

The purpose of this assignment is to:

- Engage in purposeful thought about the information presented in the resources
- Reflect on your involvement in the incident leading up to this assignment
- Understand the impact of the original incident
- Reflect on your decision making in regard to marijuana consumption

Watch a short video of [Dr. Jason Kilmer answering some common questions about marijuana](#). Complete the modules [Our Bodies and Marijuana](#) and [Other Questions](#) from [Learn About Marijuana.org](#).

After watching this video please reflect on your decisions and behavior in regard to marijuana. Utilize the following questions as a guide for your response and make sure to answer each question in your paper:

1. What did you think about the results of your assessment? (minimum 100 words)
2. Describe the impact the originating incident had on you personally. (minimum 100 words)
3. Describe the impact that your behavior may have had on others in your community (i.e., neighbors, friends, family, staff). (minimum 100 words)
4. What were some things you learned as a result of watching the online videos and completing the assessment? (minimum 100 words)
5. How will this experience (the originating incident, the conduct process, and the online resources) impact your decisions regarding marijuana in the future? (minimum 100 words)

Alcohol Use

The purpose of this assignment is to:

- Engage in purposeful thought about the information presented in the resource below
 - Reflect on your involvement in the incident leading up to this assignment
 - Understand the impact of the original incident
 - Reflect on your decision-making regarding alcohol consumption
 - A. Go to [Alcohol Awareness](#) on our webpage www.selu.edu/forstudents and watch the short video clip on Alcohol Safety. After watching, please reflect on your decisions and behavior regarding alcohol. Utilize the following questions as a guide for your response and make sure to answer each question in your paper.
1. Describe the impact the originating incident had on you personally. (minimum 100 words)

2. Describe the impact that your behavior may have had on others in your community (i.e., neighbors, friends, family, staff, emergency responders such as UPD or EMS workers)? (minimum 100 words)
3. What were some things you learned as a result of watching the video? (minimum 100 words)
4. How will this experience (the originating incident, the conduct process, and the video) impact your decisions regarding alcohol in the future? (minimum 100 words)

Drug Use

The purpose of this assignment is to:

- Engage in purposeful thought about the information presented in the resource below
- Reflect on your involvement in the incident leading up to this assignment
- Understand the impact of the original incident
- Reflect on your decision-making regarding alcohol consumption
 - A. Go to [Drug Awareness](http://www.selu.edu/forstudents) on our webpage www.selu.edu/forstudents and watch the short video clip on Alcohol Safety. After watching, please reflect on your decisions and behavior regarding alcohol. Utilize the following questions as a guide for your response and make sure to answer each question in your paper.

1. Describe the impact the originating incident had on you personally. (minimum 100 words)
2. Describe the impact that your behavior may have had on others in your community (i.e., neighbors, friends, family, staff, emergency responders such as UPD or EMS workers)? (minimum 100 words)
3. What were some things you learned as a result of watching the video? (minimum 100 words)
4. How will this experience (the originating incident, the conduct process, and the video) impact

Knowingly Present

The purpose of this assignment is to:

- Engage in purposeful thought about the impact of decisions you made during a recent incident
- Understand the social impacts and peer dynamics of decision making in the residence hall setting
- Understand the housing agreement policies regarding substances
- Identify potential impacts to future decision making

Please watch [this video from Crash Course](#) and answer the questions below. Utilize the following questions as a guide for your response and make sure to answer each question in your paper.

1. The video discusses many *social psychology* terms including: social influence, conformity, automatic mimicry, normative social influence, social facilitation, social loafing, de-individualization, group polarization, and group think. Define two of these terms in your own words and describe how they are connected to the incident that you were involved in. (minimum 200 words)
2. The housing agreement holds you to the policy of being *Knowingly Present*. What do you feel is the purpose of this policy? What about group dynamics in college makes adhering to this policy difficult? (minimum 200 words)

3. Now that you have had time to reflect on this incident, if you were to be in a similar situation in the future, what would you do differently and how can you assert your individual needs in a group setting? (minimum 100 words)

Safety in a Residential Community

The purpose of this assignment is to:

- Engage in purposeful thought about the impact of decisions you made during a recent incident
- Reflect on your involvement in the incident leading up to this assignment
- Understand the safety impact of the original incident
- Reflect on responsibilities of residence hall community members in regard to

- Identify potential impacts to future decision making

Utilize the following questions as a guide for your response and make sure to answer each question in your paper.

1. What role does a safe environment have on a shared living community?
2. How do feel your actions impacted your individual safety?
3. In what way did your actions potentially impact the safety of other members of the community?
4. What role do SLU policies play in creating a safe environment for residents in the community?
5. How can an unsafe environment negatively impact the educational mission of the community?
6. What is your responsibility as a community member to help maintain a safe environment in the residence halls?

The essay should have a minimum of 400 words.

Fire Safety

The purpose of this assignment is to:

- Engage in purposeful thought about fire safety
- Identify common fire hazards and prevention measures
- Understand the impacts of fire safety
- Reflect on responsibilities of residence hall community members regarding fire

Conduct research regarding a minimum of two fires that have occurred in residence halls in the United States within the last 10 years as well as general information about the dangers of residence hall fires.

1. Describe the circumstances that led to the fires, the impact on the individuals directly and indirectly involved, and what preventative measures could have been taken. (minimum 300 words)
2. What are typical household items that may be considered fire hazards? What preventative measures does SLU employ to prevent fires? (minimum 200 words)
3. Regarding the incident that led to this assignment, what are key points that you have learned from your experience in this situation? (minimum 200 words)

This I Believe

The purpose of this assignment is to:

- Provide an opportunity for you to reflect on behaviors, actions, decisions, values and policies
- Help develop better self-awareness of personal values and relationships with others through a creative outlet

Listen to or read the transcript of three *This I Believe* podcasts ([PDF](#)) on the NPR website or [others available on that website](#). After listening to the podcasts:

1. Write down the title of the three podcasts you chose to use.
2. Write a brief statement describing something from each podcast that had particular meaning to you.
3. Reflect upon your own core values and beliefs and compose a personal short essay using the style and fashion of the podcasts.

The essay should be a minimum of 400 words.

Anger and Managing Conflict

The purpose of this assignment is to:

- Engage in purposeful thought about the impact of experiencing and responding with anger
- Reflect on your decision making during heightened states of emotion
- Help develop alternative responses when facing a frustrating or difficult situation or conflict

[Watch](#) or read the [transcript](#) of Russel Kolts' TED Talk. Afterward, please use the following questions/statements to guide your paper:

1. Reflect on the incident leading up to this assignment and describe the circumstances that lead to your behavior. (minimum 100 words)
2. Write a statement describing three points from the TED Talk and connect them to the incident. (minimum 200 words)
3. What are some different ways you could respond when in a heightened emotional state in the future? (minimum 200 words)

Noise Policy-Interview an RA

The purpose of this assignment is to:

- Engage in a conversation with a Resident Assistant (RA) to better understand how noise impacts your specific community and reflect on personal responsibility
- Identify key elements of the RA's role and how noise violations effect their daily
- Develop new techniques to monitor personal noise impact
- Understand the residence halls policies about noise

You are required to meet with an RA in your building. You must schedule with that RA at least 48 hours in advance of the desired meeting time via email or by stopping by their room. You are responsible for showing up to the scheduled meeting on time. If you miss a meeting or are more than five minutes late you will be marked as a no-show, potentially resulting in an additional violation. At the meeting, you will discuss with the RA how noise impacts RA workloads and the campus community. You should also gather information related to the types of noise issues RAs face. You are responsible for brainstorming a minimum of five questions (see talking points below for topics to cover) and engaging respectively and constructively with the RA.

TALKING POINTS:

- How noise impacts the community
 - Interrupted sleep/study
 - Roommate conflicts
 - How noise impacts the workload of RAs on Duty
 - Writing IRs
 - Confronting incidents
 - Complaints from community members
 - Techniques of avoiding noise violations
 - Quick walk-through of the floor to demonstrate protocol for courtesy/quiet hours
1. You had an informative conversation with your RA. Please describe the main points of this discussion and what you found most helpful from the meeting. (minimum 200 words)
 2. What values do you feel are represented in the policy statement regarding courtesy and quiet hours? (minimum 100 words)
 3. What techniques were discussed in the meeting and which will you use to prevent noise impacting your community in the future? (minimum 100 words)

Tobacco Use

The purpose of this assignment is to:

- Identify facts about tobacco use and the impact of tobacco on self and others
- Reflect on your own tobacco usage in the context of larger health and social systems
- Assess relationship with tobacco and identify costs and benefits of usage

Review [The Truth](#) website and select and read three–four facts listed.

Afterwards please respond to the following questions:

1. What three–four facts did you select and what, if anything, was surprising about each?
2. Reviewing each of the facts, how do you feel these are all related and what are key takeaways?
3. Reflecting on the facts about tobacco and the tobacco industry, how do you assess your own tobacco use and what it means for you currently? In your opinion, what are benefits and costs to your use?

The reflection should have a minimum of 400 words.

Housing Agreement Review- Resident Guidebook

The purpose of this assignment is to:

- Become familiar with the Southeastern University Housing Agreement and Resident Guidebook
- Reflect on your responsibility related to decision making in the SLU community
- Identify the importance of reading contracts

Read through the [University Housing Agreement/Residential Guidebook](#) and complete the [worksheet](#) based on the Housing Agreement that you signed upon move-in. Please fill out every question and return your completed worksheet to either osaa@selu.edu or hand-deliver to your Area Coordinator, University Housing Office in Pride Hall.

This worksheet is meant to be reflective. Each short answer question should contain at least five complete sentences.

Guest Responsibility Reflection Paper

The purpose of this assignment is to:

- Engage in purposeful thought about the impact of your recent incident
- Reflect and understand your responsibility to your community in regard to your guest's behavior
- Understand your assertiveness in situations where you are not actively engaging in policy violation
- Reflect on the responsibility SLU community members have to their own personal decisions and decisions of others
- Identify how you want to move forward with your decision making

Complete the [Assertiveness Inventory](#). After completing, reflect on your comfortability with assertiveness in relation to the incident. Utilize the following questions as a guide for your response:

1. What responsibility do you have to your community concerning how your guests behave while in the community?
2. What purpose does guest responsibility have in University Housing?
3. Did you or did you not address your guest's behavior in the moment? What factors lead to your decision?
4. What did you notice about yourself when completing the Assertiveness Inventory?
5. How can you apply what you learned about yourself to the incident in which you were involved?

The essay should have a minimum of 400 words.