

The Nature & Nurture of Development

Identity is what makes each person unique and complex. Identity is made up of our beliefs, values, personality traits, likes, dislikes, and other qualities that make up who we are as individuals. Our identities can shift and change over time as we grow and change. Your assignment is to write a paper that reflects some of the categories that have contributed to your identity thus far, based on Erikson's theory. Specifically, you may include the following categories:

- Culture
- Race / Ethnicity
- Birth Order (oldest, middle, youngest, only, multiple)
- Family
- Friends
- Education (focus areas, special training, favorites)
- Major Life Experiences (moving, travel, first job, meeting your best friend, etc.)
- Hobbies / Sports / Clubs you belong to or really like
- Interests (books, movies, music, video games, fashion, favorite foods, etc.)
- Religion
- Job
- Talents/Skills

THE ASSIGNMENT:

Part A

Choose 3 of the categories above that you feel impacted your development (cognitive, social, emotional, and physical) the most so far throughout your life. You may discuss both positive and negative (challenging) aspects of development.

- Write a short separate paragraph for each category.
- Write in complete sentences and provide examples of how the category has influenced your sense of self and your overall development.

Part B

What advice would you give to your 10 year-old self?

- Based on your life experiences what would have been helpful for you to know at a younger age?
- If you received this advice from your "older self" how may it have influenced certain life decisions?

Part C

Create a Bucket List: What goals, life events, and experiences would you like to accomplish or have before the time of your death?

- Identify the 3 most important items you would like to "check off" your bucket list. Explain the significance of each item.