

### 3 Credit Experience Journal Template

Student Name: John Smith

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#### Instructions

1. Please select a Journal topic from the website to which you have relevant knowledge and experience gained to sufficiently respond to each component of Kolb's model for each subtopic.
2. Each section of Kolb's model should be a minimum of 150 words.
3. Students are required to include a biography of at least 500 words describing themselves and their personal and professional experience.

#### Autobiography (500 words minimum)

My name is John Smith. I grew up with five brothers and five sisters and I was second from the youngest. I started working odd jobs with my father and with friends when I became a teenager. I worked as a farmhand, a construction worker, a landscaper, and even an inspector for indoor sprinkler sy

I moved to Arizona in 2003. It did not take long for me to find my my new job, and I made a lot of new friends. I learned how to man about corporate America. I was able to use my 10-step sales proces be a success and after only five months on the floor I was promote approved by training and over my nine-year tenure with the compa even entire locations. I have wo is to motivate and encourage my team to excel even if they do not want to do so on their own. Not everyone is motivated to help their company grow so I am there to hold them accountable to themselves and their employer.





**EXPERIENCE JOURNAL TOPIC:** Parenting

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**SUBTOPIC 1:** Discuss the development of parenting skills

**Description of Concrete Experience** (approx. 150 words):

The development of parenting skills for me has been a very rapid process. Before I became a father, life was much easier and now that I am a father of three and soon to be four little girls my wife and I have a huge responsibility as parents to raise our children correctly. I understand that eventually children are going to grow up and make their own choices just like I did, but it is also important to allow your children to do those things sometimes. I feel that if you tell your child no so many times that human instinct kicks in and the child wants to rebel and do the exact opposite of my decision. I went through a stage like this while I was growing up and now that I am a parent I feel like I understand that part of growing up and I want my children to be open with me; especially when they make mistakes or mess up. As a parent I want my children to be able to trust me and have enough faith in me to know what I teach them is for their benefit and not mine. I know it is hard to understand as a teenager, but as an adult looking back it is easy to see the silly mistakes that could easily have been avoided if children would have listened to their parent's advice.

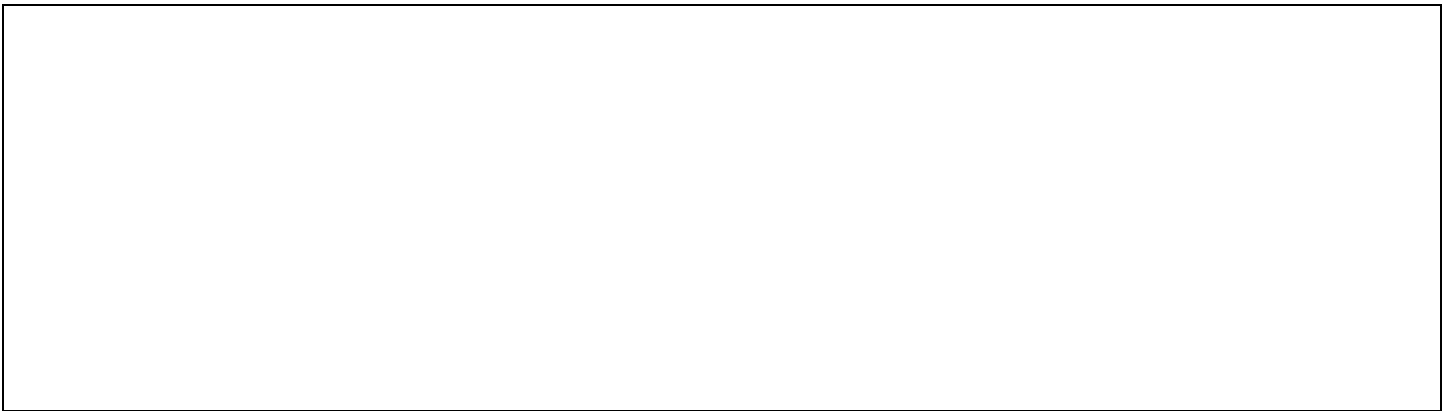
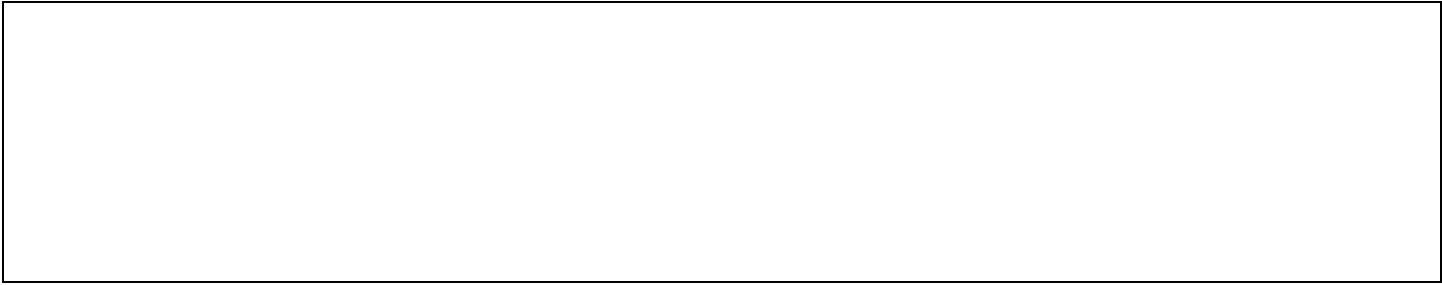
**Reflections** (approx. 150 words):

When I became a father, I had to think back to the things my parents taught me and hopefully the same concepts would help my children because at the time that is all I really knew. Unfortunately, there is not an instruction manual for parents and even if there was a manual, I can tell you by experience that every child is different and in most situations, you experience brand new situations every day. When thinking back on the methods that I have used to raise my children so far, I have noticed some things that I would change or some areas where I could have made better decisions, but that is part of being a parent. There is no perfect parent and I believe that a parent can try everything to help their children, but it is ultimately the choice of the children and their use of free agency. When reflecting on parenting skills a parent should remember that there is only so much he or she can do.

**Generalizations, Principles and Theories** (approx. 150 words):







**SUBTOPIC 3:** Analyze methods of effective guidance.

**Description of Concrete Experience** (approx. 150 words):

Analyzing methods of effective guidance is a tough task for parents to accomplish because there are so many different ways to guide yourself and your kids through the parenting process. One important aspect of guidance as a parent is to realize that you never know everything. Children must work with the parents to help guide each other in the right directions whether it is for rewards or punishment the principles are the same. One method that I like to use is to take a moment before I react and breath. This allows me to think and analyze the situation before I react inappropriately and escalate a minor situation into a full catastrophe. I have the tendency to jump to conclusions before even listening to the entire story from my children because I am the dad and I feel like I know what is best for this family. The most effective guidance for me is all the family support that my wife and children give to the entire family because as we guide each other day to day we also help one another grow stronger and su \_ #

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old saying that you can take a horse to the watering hole, but you can't force the horse to drink. I believe that this same concept also applies with children as well.

**Testing and Application** (approx. 150 words):

Methods of effective guidance come in all types of different ways and to be honest there is not an exact science to becoming a successful and happy parent. This comes over time with a great deal of trial and error; however, when you make a mistake as a parent it is almost a positive thing because you can learn from that mistake to prepare for all of your other children that might need the same type of guidance. As a parent you will fail and you will succeed, but it is very important to never give up. I personally feel that when you give up you are not only giving up on yourself, but also on your entire family as well. So when one of your methods doesn't work pick yourself up and try again. This is the way I have always been taught and this is the method that has produced the best results for me personally.

**SUBTOPIC 4:** Discuss the role of discipline; compare and contrast discipline with punishment.

**Description of Concrete Experience** (approx. 150 words):

Discipline is not one of my favorite duties as a parent; although, it is a necessary part of the role of a parent. As my children have learned there are just some things that they simply do not do. My children know not to disrespect their mother in any way because if they do this is one situation where I will give them a spanking. I personally am not a big fan of spanking as discipline and feel that spanking is more along the lines of punishment. In my opinion discipline is something that I teach to my children and something that my children will learn from in a nonphysical manner. An example of discipline for my children is if they don't get their homework done then they cannot play with their friends. This is not punishment because my children know that this is the rule. Punishment is much more difficult for me as a father. I hate watching my children cry, but I feel that if they don't learn a lesson for the actions that they have completed then they will not think twice before repeating that action. Punishment is not always a physical statement but can be something as simple as going to bed early. Physically beating children is not good for me as a parent or the child.

**Reflections** (approx. 150 words):

I often times wonder if the things I choose to do to discipline and punish my children are effective. I personally believe they are and will often speak to my wife in regards to what we both feel is fair for our children; however, it is crucial that we stay consistent with all disciplines and punishments between both parents. As a parent I feel like discipline has produced better results for my children then punishment has because my kids tend to rebel when punishment takes place. On the other hand when I sit my children down and explain why I am disciplining each of them they in turn understand and try harder to correct their areas for improvement.

**Generalizations, Principles and Theories** (approx. 150 words):

Discipline could also be something as simple as saying please and thank you and really reflecting the mannerisms that my wife and I have taught our children. I feel that it is very crucial for my family to practice and show discipline. Two of my daughters are currently in school and if they do not practice good discipline then there are consequences that follow, not only at school, but when they return home as well. Punishment has not proven to be very effective in my previous experience with my children and my wife is also not a big fan either. Punishment is reserved in our house for times when it is really needed.

**Testing and Application** (approx. 150 words):

When I was a child my father used very physical forms of punishment on me and my siblings and I remember the feelings of hate and rebellion that I experienced and do not wish any of my children to respond in the same ways as I did. I want them to be able to turn to me if they make a mistake so together, we can fix it. I am not saying that there will not be discipline and punishment involved, but abuse will not be tolerated by me.

**SUBTOPIC 5:** Discuss constructive and destructive elements in parenting styles; identify at least three categories of parenting styles; include an overview of the parenting behaviors associated with each style and the results obtained from each.

**Description of Concrete Experience** (approx. 150 words):

I feel that it is very hard to categorize different types of parenting; however, I would consider myself a very dependable parent who holds high expectations of my children's behavior and encourages them to hold high expectations for themselves and also other around them. I try to set rules and directions for my children that will help to influence them in the correct ways. Another very important aspect to me is to teach my children about cause and effect, decision making, and self-sufficiency. Raising my children to be successful, articulate, happy with themselves, and generous with others will always be very important to me.

**Reflections** (approx. 150 words):

One of my most important jobs as a parent is to prepare my children for the future. They need to know how the real-world work and how to deal with hard situations that they will face daily. Although my children are at a young age it is still very important for them to learn how to be self-sufficient when needed. Growing up my parents did many things for me, but one thing that I learned was the value of hard work. I have taught my children since they can remember the importance and value of hard work there is no substitute for hard work. At times it is much easier not to clean the yard, but when the weeds need to be pulled and the bushes need to be cut I got outside and get it done. Those are the values

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**Testing and Application** (approx. 150 words):

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**SUBTOPIC 6:** Discuss the challenges to responsible and effective parenting presented by contemporary society.

**Description of Concrete Experience** (approx. 150 words):

As a parent there are many challenges and responsibilities that are present on a daily basis. Society today is becoming more and more crude and vulgar; this makes my job as a parent ten times harder because of the things that my daughters are subjected to on a daily basis. These vulgar items could be found at school, on the streets, and even in our own home. As a S. M S M om

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