

Student's name

Instructor's name

Course

Date

### **Introduction**

I am an outgoing person who is currently pursuing undergraduate studies in Psychology. Since I was a little kid, I have always aspired to work with people from different walks of life and help them in solving some of the problems that they might be facing. Among others, some of my best attributes are; problem solving, interpersonal skills, perfectionist and leading skills. In view of the attributes that I feel I would like to change, I am of the view that I need to improve my time management skills since the fact that I am a perfectionist implies that most of the times, I normally end up spending a lot of time working on one task as I always aim at ensuring that the final outcome of the task is always perfect. Apart from developing my time management approach, I also feel that I also need to work on my presentation skills as I always find it hard to make a presentation.

As far as the most important thing that has ever happened in my life is concerned, I feel that me becoming independent and not relying on my parents is one of the important things that has ever happened to me since it has made me the person whom I am today. In perspective of the accomplishments that I have had in life, one of my proudest moments is my passing of the high school exams where I passed with flying colors.

### **Family background**

I come from a family that can be explained as a medium sized family as I have 2 brothers and one sister. My family upbringing has been crucial in making me the person whom I am today

since they instilled to me the mentality that in order for me to be successful in life, I have to work hard. As far as the attachment pattern is concerned, I can explain that the attachment between me and my parents is secure since even to date, I still value the views and opinions of my parents. As far as the parenting style that I was brought up with is concerned, I can classify the parenting style as authoritarian since my parents were normally demanding and responsive. However, as time went by, the parenting style changed to indulgent parenting where the parents were responsive but less demanding.

As earlier explained, I have two brothers and one sister and I am the third born in my family. Growing up around my other siblings was fun as I could play with them on various child games that we got involved with at the time. It was such fun since at times; we could even play till late night.

### **Middle Childhood**

My middle childhood was a period when I realized that even though I had brothers and a sister, there were times that I had to be on my own. At school, I was a very bright student and that made me become a favorite among the teachers. I always wanted to ensure that I was the best student and was thus even reading on my own whenever I had free time. As far as friendship was concerned, I was keen on being friends with most of my classmates even though I avoided the bullies. During my middle childhood, my family had a major influence on my development since my parents always insisted on the need for me to study very hard in class since that was the only way that I was going to become successful.

### **Adolescence**

Puberty was not a good experience for me since the changes that were taking place in my body always got me confused with my confidence really becoming decreased. However, after I

realized that even my friends were having similar experiences, my worries eased. In context of James Marcia's theory, I believe that I actually went through all the four phases that were developed by James Marcia and by the time I was coming out of adolescent, I had attained identity achievement. As far as peer group is concerned, I got involved in some bad behaviors due to peer pressure. Nevertheless, I never got to be involved with drugs and alcohol. The thing that I remember most about this period was the major changes that took place in my body.

### **Middle Adulthood**

My body and mind has changed a lot while compared to when I was younger. Indeed, I am now more responsible and always considering the impacts that my actions might have. In addition, my body is definitely now more big in size and my voice has also changed. Attending college on the other hand has helped me become a better person and is definitely helping me to enhance my future prospects. As I become an adult, my attachment patterns have changed as I become more independent.

### **Physical development**

Over the years my physical appearance has changed as I become an adult. Indeed, the fact that most of my clothes which I used to wear some months ago can no longer fit me can be said to be proof that I am developing physically. To ensure that I do not become overweight, I have been physically exercising mainly through jogging and walking. Nevertheless, I am more than happy with my body.

### **Career development**

Since I was young, I have always wanted to work with people so that I can help them overcome the different challenges. I still believe that I am still on the right path to pursue that career objective.

### **Conclusions**

By writing the assignment, I have learnt that I have developed a lot as a person during the last few years. Indeed, it is clear that I am currently in charge of the direction that my life will take and I intend to do whatever is required in order to ensure that I achieve my dream of working with people with various challenges and helping them on how they should solve their problems.