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 Psychology & Me  
 How I plan to use what I have learned in psychology to achieve my goals in life

 I am majoring in social work and am in the second academic year. This is my first time taking psychology the subject has kept me interested and I think I can learn something new about the scientific study of the human mind and its functions. I always believe that everything happens for a reason. I think psychology can help me better understand myself and the people around me. I am expecting to learn something useful knowledge and skill which can help me resolve social issues. To learn a little more about psychology I researched the historical figure Sigmund Freud who is associated with psychoanalytic theory. He was an Austrian neurologist. In 1881, Freud qualified as Doctor of Medicine which give him sufficient knowledge background as a doctor, and later he becomes interested in hypnotherapy which also related to his work. In 1983 Freud began to work with Austrian physician and physiologist Josef Breuer to study neurotic patients. During this period, the world faces major crises the Australian bank collapsed which led to many losses making life even harder for common people. Moreover, in the same period, there was an economic depression in the United States that contributed towards the pressure to live among people. Freud started reading the behavioral patterns of people and gave birth to the psychoanalytic theory. Sigmund Freud's psychoanalytic theory of personality argues that human behavior is the result of the interactions among three parts of the mind: the id, ego, and superego. If I were a psychology researcher, I would research how our daily life affects our dreams at night. I am very interested in it since I hardly can remember my dreams.

             In 10 years I see myself as a graduated independent lady, employed at a government organization, owner of a non-profit foundation and a flower studio who owns a house and is hopefully happily married to her Mister right. In the future, I’d like to be a better version of myself more independent, confident and loving. I won't have a positive social circle surrounded by people who are like sunshine. I want to operate a flower studio where people can come and plant their favorite flowers. Planting is a kind of therapy for me. I can calm myself down during the planting. Therefore, I want to make friends with the people who have a pure mind or who need to be healed in the studio. To achieve this vision, I know I have to achieve the following short term goals, talking priority wise I need to focus on my studies and on getting good grades each semester. , I want to graduate from Cal State LA. I put this goal on the top of my list because I think it’s the basic achievement that can help me reach my other goals. Without this achievement, I couldn’t reach the rest of them. I career I’d like to have revolved around social work I want to give back to society and help people I want to help make this place a better place and the education I’m pursuing is going to help me achieve my career goal. To complete my graduation the obstacle I might face is having a financial problem that I’ll overcome by doing part-time jobs and will try to work hard enough to pay my tuition fee. Daily, I would follow a schedule to balance my part-time job and studies. Secondly, my long term is that I want to have a stable job which can offer me a stable life. But the reason I need a job is to fulfill my basic needs. I have to feed myself first, then I can talk about other goals. According to Maslow’s hierarchy of needs, the basic needs are physiological needs including food, water, warmth, rest, safety, and security. Through his theory, we can see how people need basic needs before other goals. Last, the second long term goal is to own a house. I want to have a house of my own where I’m free to do anything I want. To make everything on track. I will monitor the progress of these goals. Usually, I will check the grade on canvas every day, and try to figure out anything that can boost my grade, to make sure my average grade at the range of B+ to A. Moreover, in order to find a stable in the future, I will keep focusing on the information which relative to my major. Also, I will do some research about the housing to find a better place to live. Goals make life beauty because they make me have hope for my future. They motivate me to become a better person.

            Anticipation would help me achieve my goals. To make a plan doing something give me more sense of safety and make me feel confident. However, sad and fear might get in the way of achieving my goals. I would try to maximize what I have learned through appraisal, positivity and coping negative thoughts by trying to make myself believe and realize that everything happens for a reason, I cannot stop them. What I can do just accept and enjoy them. Everything is beautiful and having the right mindset can make things much better. As I am a Buddhism follower I am fond of meditation and I meditate to cope with stress and negativity. Meditation helps me calm down and purify my mind. As long as I get positive energy from meditation, I always can see the beautiful side of my life. Visiting a temple and talking to the divine superpower is one of the main practices that our culture and family follows which does help overcome negative thoughts and cope with stress. Lack of sleep destroys my routine and concentration level. I need average 6-hour sleep to properly function lack of sleep makes me physically and mentally tired and makes it hard for me to concentrate on assignments and in-class lectures hence leading towards effecting my goals long term because I end up sleeping in the afternoon disturbing the routine and goals for the day. If I failed to achieve my goals I would get deeply disappointed in myself. I am a positive person in general but something like would make me fall shallow into negativity. At this point, I would try my best to get up again and try to work towards achieving my goals. I would start by getting myself back into a positive mindset, I would try giving myself some leisure time to release the stress. The activities I’d do would include planting, watching a movie or cartoons, laughing more or crying makes me feel less stressed.

          Everyone has their preferences, and something they are good at. I believe nature and nurture are two things that play a very important role. I am naturally very good at cooking, dieting and controlling emotions that’s because my mother is a great cook and good at controlling emotions while my father is good at dieting. I can cook without training, and I know how to control my emotions. I feel relax and calm almost all the time. I can always find the positive side of bad things. I learned how to eat healthy and organizing from my father. I never overweight which means I can keep my weight at the ideal number without doing exercise. I eat three meals a day, seldom eat junk foods. To think about what makes me happy right now. I think is emotion control that helps me can get out of trouble fast, and purify my mind. I believe that the most important thing that I need to achieve my goals is health and by following a balanced diet I can stay healthy. Moreover, following your dreams trying to achieve your goals can be tough and stressful sometimes. So, good thing I can control my emotions because of the inheritance from my mother. I do believe that to some extent I do have what it takes to achieve the goals I have set for myself I am really determined, honest, hardworking, calm and confident, as far as resources are concerned I’m positive that I am surrounded by everything I need to go down the road of achieving my goals. I won't be a social worker and run a non-profit foundation, nobody has ever done such a thing from my family but, I believe that the support and thing I’ve learned from them will help me nurture even more and make me move one step forward. The environment around me has been helpful most of my life towards achieving my goals. I learned that no one is stupid from my dad. I believe that I can master it if I find the right method. I was struggling with learning a topic and then my father gave me the advice to change my learning method, I did and I realized that I am good at memorizing by hearing combine with watching. It’s the best way for my brain to processing sensory information. The environment around me helps me face the challenges I face while moving forward towards my goals.

        I believe you never stop developing or learning in your life. To begin with, my mother says that I was very peaceful, and never cry when I was an infant. Most of the time, I just sleep. I think the temperament in infancy affect my personality today. Now, I am still can feel the peaceful spirit in my mind, which leads to my mild temper. I am not easy to get angry. I have a mild relationship with all my close family members even though I am not very close to them. Growing up my parents treated me differently. My father had certain rules and regulations I (Anonymous)could not do anything without his permission until I turned 18 which at that point used to make me upset. I was never allowed to go out with my friends at night and now as an adult, I still can’t allow myself to go out at night. Whilst, my mother treated me as a friend and as always there to listen and give advice. I believe that my relationship with my parents is still developing my father changed his parenting style and no it’s easier to talk to him he has become more understanding. To consider my life in the future, I am very grateful that my father changed his parenting style. I enjoy attaching to my father and my mother, who always have positive energy and a clear mind. This makes me have a positive attitude and less stress from my family’s side which helps me concentrate more on my goals. The idea of having my own family make me realize how my father was right about his parenting, I do want a child. I only want one child, no matter boy or girl. I want to be able to pay my full attention to the child. I would like to treat it like a friend who can share everything. But I also want my husband to treat my child in the same way as my father treated me. As I grow up, I began to realize that what my father had done was to protect me. He protected me from staying away anything hurt me. I think a person that can fit into an intimate relationship with me should play the role who is the support of the family. He should be a male who has a nice temperament and religious beliefs. To go back and check my goals, the goals related to my family were my parents. I want to live close to my parents, and take care of them. As I am developing myself, I began to find out what kind of attachment style that I like and comfort my parents. As a female, I am the only child in our family. I have to take care of my parents and family. I think both reinforcement, punishment, and memory enhancement are strategies to regulate and manage a person’s behavior. My goals, plans, and priorities can be changed based on these strategies. For example, I can use reinforcement to boost up my GPA by keeping rewarding myself. I can also use punishment to boost my GPA by keep taking away my entertainment time. These strategies help me to get a better score which contributes to my five years goals. Carl Rogers, who believes in Humanistic approaches. Our personality is developed based on the sense of self and how others see you and evaluate you. In his theory, he says that a parent plays a vital role in developing a personality. No matter how the child acts, parents should accept and prize their children. Thanks to my parents’ unconditional positive regard, I shaped a positive personality. I am an introverted person who has to purify energy. My friends always want to stay with me because I am also a good listener. If I use the personality traits of the five-factor theory to describe me, I would say that the Conscientiousness and Extraversion traits I have most strongly. My family all believe in Buddhism, which purifies our mind. We also can find the positive side of their lives. There are no mental health issues in my family. If people have a mental health issue, that might because he is struggling with stress. Reduce stress can heal mental health problems. We can ward off stress through several methods. First, walk away from the stressor, which makes you feel the tension. Second, get in touch with family or friends. Third, do more body exercise, which relieves mental stress. The best way to get out of stress is to do meditation, which purifies my body and my mind. Well, culture impacts the acceptance of mental health. Since I believe in Buddhism, I tend to think that people who have mental health problems might have karma that from the previous carnation. This understanding might hurt my mental state. Mental health plays a significant role in our lives. It affects how we think, feel, and act. It influences our behavior to overcome the challenge. If I suffer from mental health issues, I couldn’t have a peaceful family now since my parents have to worry about me and take care of me. I hardly can achieve my goals because I have to put lots of time to heal myself. Fortunately, I don’t have any mental health issues. But if I did have a mental health problem, I would more prefer family therapy because my family is the people who I can trust most.

 Don't compare yourself with other people; compare yourself with who you were yesterday.

[Jordan Peterson](https://www.brainyquote.com/authors/jordan-peterson-quotes)

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