**week 8 chapter 11**

**OPTION 1: The Chapters of Your Life**

I and my family lived in Virginia two years ago. Once, I and my family were going somewhere. My father was driving a car and I didn’t wear a belt. I always do not care about wearing a tie. When my husband took the turn, I suddenly get off the car My husband stopped and I screamed in pain and the fear of this incident. People stopped behind us and my son was screaming in the car with great fear. A policeman came to us on the road, thinking that it was my husband who did it. He shouted and raised his pistol. My husband kept away from him. People around us looked scared and my child was still screaming in the car. I was tried to stand up. Everyone asks me not to move.

I felt not well and they ask me to wait for the ambulance. I was thinking about my baby crying inside the car. When the ambulance and the police arrived, my friend came to the place to take my son. I went to the hospital. In the hospital, I had some tests. My doctor checked and found some wounds. I asked the police for my husband who went with the policemen for investigation. I asked the embassy's lawyer to intervene and talk to them. They asked us to close the case. I have a medical report proving that I have no doubt about any psychiatric illness and I do not want to commit suicide. They also asked for a check from the car company. I got the papers required to close the case. It was a miserable day. I cannot forget it. I was a new life for me.

**Week 8 Chapter 12**

My parents are like all parents that always want the best for our children, seeking to be successful in what they propose, because we assume their achievements as if they were ours, which fills us with satisfaction. Being this, more than evident, when we talk about professional choice, since once reached adulthood, success will be in the socio-labor world.

But this does not come by itself, because for them to achieve their goals, they have to be safe, independent and clearly in their objectives; then we could get confused in our role, believing that we should be behind them all the time, when in reality our strongest work is in childhood, where our main role will be to provide solid foundations for the construction of their personality: love, autonomy , responsibility and limits that are the best gifts we can give them, and showing them all the time how much we love them, celebrating their achievements, allowing and encouraging them to make their own decisions, while at the same time inculcating their responsibility and assuming the important role of being who put the limits for their care.

**Week 10/11 Chapter 13**

social learning theory, culture, and gender

The concept of social learning has become the most important theoretical approach to studying the influence that the image of violent behavior has in the media, which is seen as a model for learning through observation (Bandura, & Walters 1977). The theory of social learning emphasizes the role of the inner circle, which stimulates the development in a man of a person who is prone to violence. This theory was developed in the works of M. Kaufman. Exploring the origin of violence in modern society, he opposes the radical feminist theory put forward by S. Braumiller in the 70s of the last century. This theory reduced the origin of violence mainly to the peculiarities of male psychology.

Kaufman believes that there is no reason to argue that the human being as a whole, regardless of gender, cannot be aggressive. In his opinion, male violence begins with violence towards oneself (prohibiting boys from crying, showing their feelings), then goes to the level of relationships with women (the so-called adolescent aggression), and then begins to threaten society as a whole. Violence in this case is a compensation for the sense of powerlessness and helplessness experienced by a man at work or in society, as well as a desire to subjugate a woman to his power by means of control

 **Week 10/11 Chapter 14**

self-efficacy and outcome expectations

The expectation of result that refers to the belief that a behavior will produce certain results. The expectation of self-efficacy or perceived self-efficacy, which is the belief that a person has the ability to perform the necessary actions that allow you to obtain the desired results. Therefore, self-efficacy can increase or decrease motivation, for example, a person with high self-efficacy prefers to perform more challenging tasks and poses higher goals, is more persistent and has greater commitment to their goals in the face of difficulties (Desharnais, Bouillon, & Godin, 1986). It seems clear then that the expectation of self-efficacy is key to motivational processes, but how do these expectations arise. For example, a person with high self-efficacy prefers to perform more challenging tasks and poses higher goals, is more persistent and has greater commitment to their goals in the face of difficulties.

week 12 chapter 15

Spiritual approach, Calling, and Culture

Spiritual approach to career decision making apply to people with different cultural backgrounds. Spirituality and self-knowledge is an exploration of the personal state of spiritual health and its influence on professional practice. Spirituality is the condition and nature of spirituality. This adjective (spiritual) refers to the belonging or relative to the spirit. The notion of spirit, on the other hand, is linked to a non-corporeal entity, to the soul, to the virtue that encourages the body to act or to the supernatural gift that God grants to certain creatures.

References

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