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Rescue Activity: Critical Reflection Part Two

“Our minds are constantly trying to make sense of our world, forming judgments and opinions about every situation, event, and interaction. These judgments and beliefs will be affected by our core system belief.  It is as though we are looking at the world through distorted or coloured lenses – and everyone has their own personal prescription or colour for their glasses” (Vivyan, 2010). When we are faced with a situation or event, we interpret what other people say and do, and by observing that we bring our own to it our past experiences, culture, values, beliefs, we attempt to make an understanding about the world in general (Vivyan, 2010). In order to see things from others perspectives, we must consider how people see the same situation differently. Seeing things from others perspectives will allow us to be more understanding and empathetic, and improve communication and relationships (Vivyan, 2010).

From experiencing the Rescue activity in class, the judgments and beliefs that people made were based off of our core system belief and the actions that people felt was an acceptable way to deal with the situation. The actions that people chose to make are based of judgments and beliefs in which are socialized by the society we live in. The approaches that people used are their perspective (views) that involves certain assumptions (beliefs) about human behavior and when people make approaches to deal with a situation, they see that there are many different perspectives and questions as to whether one approach is more right than another. Choosing an approach is a complex process because each perspective has its strengths and weaknesses, and brings something different to our understanding of human behaviour. The first assumption that many people in the class had was that we must save the person from the volcano eruption. Many of us think this way because the views people have are controlled by their environment and we are the result of what we have learned from our environment. The behaviours of people are influenced by how environment factors affect observable behaviour - people learn from their environment and the conditioning that surrounds learning, such as the association and the consequences of our behaviour.

The complexity of behaviours and how people respond challenges our own beliefs and assumptions, but from the Rescue activity we examine our own bias and behaviours, but also how to avoid stereotypical responses. The Rescue activity also challenges us to have respect for, and an understanding of diverse points of view that surround daily decision-making.

No matter what the end result is, there will still be assumptions and bias against an individual or a group of people based on the decisions they make, but it is also the reason why must be informed of bias that exist to better understand the world.

In a classroom setting, teachers and parents want their children to be loved and included and to not experience rejection or exclusion, but the reality is that we do live in a world where forms of bias continue to affect us. However, when I look back at my reflection for part one and the assumptions made during the Rescue activity, it would be reasonable to state that discrimination hurts and leaves scars that last a lifetime that affect goals, ambitions, life goals, and feelings of self-worth. Almost every aspect of diversity of child-rearing is influenced by cultural beliefs and values and children absorb a sense of their routines, traditions, languages, cultures, and national identities.  The Rescue activity challenges us to think of the ideas we have of ourselves and other people while learning to appreciate differences - to be able to recognize our own bias and stereotypes when faced with certain situations. It also addresses the need to talk openly about identity as it is essential to help foster a positive sense of self-worth and to also include cross cultures and traditions that build a world of respect, curiosity, and humanity.

References

Vivyan, Carol. 2000- 2010. *Cognitive Behaviour Therapy Self- Help Resources: Different*

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