**Weekly Email 1**

Luke Michael Murray Towers

ELA 20

Saskatoon Catholic Cyber School

Todd Paslawski

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1. Why do people reflect back on their lives?  What type of things do they recall and remember?

People reflect back on their lives to understand what they have learned and how they have changed over the years. They remember big events in their lives, such as proposals, weddings, graduations, first time events like driving or riding a bike, and other events that had significant impact on who they are today.

1. How hard is it to accurately capture what someone is really like in an interview scenario?

It is pretty hard, because people are so much more complicated than 10 or so questions can reveal. You could outline some of the basics of a person with careful questions, but it is difficult to truly reveal what that person is like.

1. What are the top 5 things you might be interviewed about from your life?

The first thing I might be interviewed about is why I wanted to become a programmer, and when that desire first appeared. I might be interviewed on why I joined the Air Cadets, or how I enjoyed that experience. I might even be asked about my experience with online courses, or even how I felt about moving around so much. I have only lived about a sixth of my life so far, so I expect that the other 5/6 of my life will yield lots of potential questions for interviewers.

1. How do the experiences of youth and childhood provide a foundation for life? How do the experiences of childhood and youth affect our development – mentally, physically, emotionally, and spiritually?

The experiences from one’s childhood and youth set the attitude that they will take towards life. It sets their morals, and what they perceive as good and ok to do, and what they perceive as bad and unthinkable that they should ever do that. The type of parent a child or youth has greatly affects the way that they will look at life. If their parents instill good values and morals into the child, then those will remain with the child. However, if the parents are loose and carefree, and let their child get away with anything, then it will be extremely hard for the child to change those values when they are an adult.

First impressions are very important and hard to change. When one is a child or youth, first impressions are twice as important. If as a kid, they are introduced to a religion, and the members of that religion are cruel to them or otherwise display ‘mean’ tendencies, then the impression received by the child will be hard to remove from the adult. As an example, one of my friends used to go to church, but the members there discriminated against him because he is Asian. Because they called themselves Christians, my friend was extremely reluctant to visit my church which is kind to everyone.

Another example of parent’s habits affecting their kid’s, is that of overeating. If the parents overeat and are obese, then the child, following their example, is likely to be as well.

An example of the mentality of an adult being affected by their childhood is bullying. In Cadets, there are some bullies. Although we often crack down, they are still there. These bullies affect other’s lives, not only in depressing or devaluing their victims; but also affecting the attitudes of the people that they don’t bully. When someone comes across a bully more powerful than them, they will become a part of the bullying to prevent themselves from being bullied.