**Weekly Email 14**

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ELA 20

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1. How can we prepare for the roles and expectations that we have for ourselves and that others have for us?

We can prepare for the expectations held of us by first of all understanding what those expectations are and what they entail. Once we know what exactly the expectations of us are, then we can use that information to prepare ourselves for fulfilling those expectations or stepping into those roles. Another way that we can prepare for our future roles and expectations is to obtain training to achieve those expectations or step into those roles.

1. As we mature and age, what are our responsibilities to self and to others? How do these responsibilities change?

As we mature, our responsibilities shift further away from just caring about ourselves to actually caring for and being responsible for others. As we mature we need to make sure that we are being a helpful influence on those around us and not a drain on their resources, both physical and mental. Some of our responsibilities to ourselves include self care, which means that we need to make sure that we take care of ourselves so that we don’t become overrun and unable to function anymore. Another responsibility we have to ourselves is that we need to be honest to ourselves, knowing our limitations, and not trying to believe our own lies. Our responsibilities to others are similar to the responsibilities that we have to ourselves. We need to make sure that we are honest to others, and we need to make sure that what we are doing isn’t harming anyone else. These core responsibilities remain pretty much the same as we mature and age, but there are other responsibilities that are more specific that change as we age. These responsibilities include relationships to your family members, and social related responsibilities that are subject to change often.