

## **Writing Assignment-Identity Formation/Development**

- Due Date: Noted on the course syllabus; papers will be accepted early. *No late papers will be accepted.*
- Purpose: the purpose of the writing assignment is for you to demonstrate your college level writing skills and apply them to the field of psychology using your own life as the example. **If you are answering the question thoroughly, your paper will probably be 3-5 pages** (minimum 1000-1500 words) **in length, typed double spaced.**
- Grammar counts. Make a draft of your paper and seek assistance if you have difficulty with grammar, please seek guidance in the TLC lab. The services are free.
- The essay should read like an essay and not a list of answers to the question prompts. It is not necessary to conduct outside research. You may use your textbook as your resource.
- Submitting your paper: **DO NOT email me your paper.**
  - **Do NOT email me your writing assignments;** you may submit them electronically in Blackboard or you may print them out and submit them in class on the due date. If you submit your papers via Blackboard, they must be submitted by the beginning of class time on the due date or they will be considered late. Click on Writing Assignments, then click on “Submit your Writing Assignment-Identity Formation paper here.” Copy and paste from your word processing program into the window provided. Click Submit. Once you submit, you cannot make any changes, so make sure you are ready before you click submit. See Blackboard for more detailed instructions on how to submit electronically.

### **Adolescence and Identity Development: A Personal Exploration**

This topic is an excellent and involving way for you to consider the topic of adolescent development and apply theory and research in this area to your own experiences. Your task with this question is to **write a thoughtful, reflective paper exploring aspects of your own identity formation during adolescence, young adulthood and, if applicable, middle adulthood.**

This writing assignment is loosely structured for a reason. You are purposely given latitude to address whatever issues you feel have been important in your identity development and support them with concepts and terminology from the text. There is no minimum of the number of sub-questions you must answer. You should choose whatever prompts that you believe are important and the ones that you feel comfortable discussing that will thoroughly answer the question. **Make sure you apply specific concepts and vocabulary from the class content to explain your answer. The paper should read like an essay and not a list of answers to the question prompts.** Although it is not required as part of the essay, should you choose to reveal personal information, please be assured that your papers will only be read by me, and the content will be kept confidential.

**Here are some examples of the topics you might consider incorporating when writing your paper:**

1. Describe five positive and five negative characteristics you had as an adolescent. How did you come to be aware of your positive characteristics? Your negative characteristics? How did you overcome the negative aspects of your personality?
2. What were your typical concerns during early, middle, and late adolescence? How did you deal with these concerns?
3. Can you think of one or more events that happened during your high-school years that marked a turning point in your life; that had a profound influence on your personality? In other words, was there an event that caused you to feel that you were crossing some boundary or somehow growing up and developing into a different, more mature person? Looking back, how do you feel about it now?
4. What were your peer relationships like? How did they affect your life? How did your peer relationships change throughout adolescence? How are they similar or different from your friendships now?
5. What was your relationship with your parents like? Describe some of the positive and negative aspects. What were the major issues in this relationship? How has your relationship with your parents changed now that you are an adult? Do you see them differently? If so, how?
6. How would you generally characterize your adolescence? Was it difficult? Does it support the "storm and stress" view of adolescence? What were your fears, anxieties, and hopes?
7. Can you think of personal instances which support David Elkind's fallacies of adolescent thinking, *imaginary audience* and *personal fable*? Do these concepts apply to your thoughts and behaviors at that time?
8. How did your peers influence you with respect to alcohol and tobacco use? What information about smoking, drugs, and sexual behavior did you receive from school? What influenced your own decisions about these matters?
9. Discuss your gender identity development and/or your sexual identity? How did your parents, family and peers influence this part of your identity formation?
10. Did you experience any challenges such as eating disorders, ADD/ADHD learning difficulties or other obstacles that impeded your psychological, social and emotional development? If so, how have you overcome these obstacles and integrated your experiences into the identity you now embrace.
11. Which parenting style did your parents use: authoritarian, permissive neglectful, permissive indulgent or authoritative? Use several examples to support your assertion of the parenting style. Do you think the parenting style used was effective? Why or Why not? If applicable, you may wish to compare and contrast this parenting style with either another sibling (please change names) or a peer that you knew well growing up. Did that parenting style affect that child's behavior differently from the parenting style used with you? How so? Explain. As a parent now, or potentially in the future, what parenting style will you use with your children? Explain and support your answer.

## Psychology 101 –Identity Development Paper- Evaluation

Name:

Total Possible: 100 points

### Technical Requirements

/20 POINTS

- The quality of the writing is well organized; grammar, spelling, typing, syntax and sentence construction reflect college-level work.
- It is clear to the reader that the paper was reviewed by the TLC lab prior to submission.

20-19 = outstanding, 18 = very good, 17-16 = good, 15-14 = satisfactory, 12 = poor, 11 & under = does not meet standard

Comments:

### Content Requirements

/80 POINTS

#### Adolescence and Identity Development: A Personal Exploration

Write a thoughtful, reflective paper exploring aspects of your own identity formation during adolescence, young adulthood and, if applicable, middle adulthood.

- **The paper is typed or word-processed, double spaced with standard margins. 3-5 pages (minimum 1000-1500 words) in length, typed double spaced.**
- You have applied and integrated specific concepts and vocabulary from the class to explain and support your answer. The paper reads like an essay and not a list of answers to the question prompts.
- It is an organized and meaningful discussion; **you used concepts/vocabulary/theories from the Psychology 101 class as well as your personal experience to support your ideas;** your writing is logical and sequential.
- The paper discusses 3-5 (or more) psychological concepts from the class using your experience/life examples as support in your discussion. Your paper reflects **depth of analysis** and integration of the concepts and is not merely a personal diary of your life.
- You focus clearly on important points and are selective in choosing facts, ideas and examples that are most significant to your topic.

80-76= Outstanding

75-72 = Excellent

71-68 = very good

67-64 = Good

63-56 = Satisfactory

55-48 = marginal

Below 47 = unacceptable

Comments: