

## Due Date

Sunday, September 7 at 11:59PM (midnight), Buffalo (Eastern Standard) Time.

After that, you may still use a philosopher's stone for Time Stop (SR), which will give you a 48-hour extension. That extension ends on Tuesday, September 9 at 11:59PM (midnight), Buffalo (Eastern Standard) Time.

See the next page for more on how philosopher's stones may apply to this activity.

## Reflection Questions

Reflect on the extent to which your approach to conflict and disagreement (discussed in your self-reflection #1) is generally "prudent", that is, effective for realizing and achieving whatever it is you value.

1. Looking over the attached Value Inventory, what are the top 3 values that characterize the person you aspire to be? For each value, explain (a) what that value means to you and (b) why you aspire to embody it.
2. For each of the values you named in question 1, in what ways (if any) is your approach to conflict and disagreement (again, discussed in reflection paper #1) *effective* in helping you realize or achieve those values?

In other words, when your wishes diverge from those of others, to what extent does your approach *help you* realize or achieve each of your 3 values.

3. For each of the values you named in question 1, in what ways (if any) does your approach to conflict and disagreement (again, discussed in reflection paper #1) *hinder or even prevent* you from realizing and achieving those values?

In other words, when your wishes diverge from those of others, to what extent does your approach *fail to help you* realize or achieve each of your 3 values.

## Instructions & Evaluation

In order to be Accepted, your self-reflection must satisfy *all* of the following eight specifications:

SR1: Make a serious effort to answer each and every reflection question as clearly and completely as possible.

**There is no expectation of perfection here.** Just make that real effort to answer all those questions.

SR2: Illustrate your major points with *real* (not merely hypothetical) examples of your behavior from your life outside of class and/or from your experiences during our in-class activities.

I will be the only one reading your self-reflections, and I will not share them with anyone else. That said, be sensitive about what you would *and would not* like me to know about yourself.

SR3: Break up your longer answers into multiple paragraphs so they are easier to understand and follow.

A good rule of thumb here is that a paragraph should not be longer than a full page. Even better: no paragraph is longer than half a page.

SR4: **Be at least 750 words long.**

The cover page, title information, references, and acknowledgments, do not count.

SR5: Number your responses to each question.

SR6: Be in your own words.

In other words, please paraphrase material without directly quoting me, the text, or any other sources.

SR7: Follow the formatting requirements, posted on the course website, which include having a properly filled out Commitment to Academic Integrity Form. To help you with this, **please use the templates** for the self-reflection activities posted on the course website.

SR8: Use APA-style citations to cite all your sources (this includes the required course readings) and acknowledge any assistance (this includes help from classmates, your friends and family, the Center for Excellence in Writing (CEW), artificial intelligence (AI) tools, as well as from me).

If your submission fails to satisfy *any one* of those specifications, then it will be marked as Incomplete.

## Using Philosopher's Stones

You may exchange philosopher's stones for Time Stop (SR) and/or Borrowed Knowledge.

**Time Stop (SR):** You give up 1 philosopher's stone and gain a 24-hour extension for completing this self-reflection. If you have enough stones, you may do this multiple times for additional 24-hour extensions.

**Borrowed Knowledge:** You give up 8 philosopher's stones and gain the full 750 negotiation experience points for this self-reflection. (Borrowed Knowledge will also work if you do not turn in this self-reflection at all.)



A Visit from the Procrastination Muse

## Academic Integrity

This self-reflection activity is closed to collaboration. **This is not a group activity.** Ultimately, I expect that you write it up entirely on your own. After all, I am primarily interested in *your* reflections in response to these questions!

Even so, **I actually encourage you to talk to each other about these questions.** You might also do so with friends and family. Reflecting on this topic, and seeing the different ideas of others, is a great way to learn and grow!

In all that, please just be honest if you do receive any assistance or use the ideas of others. **This includes using artificial intelligence (AI) tools.** In any of those cases, be sure to:

1. Note the assistance you received on the cover page's Commitment to Academic Integrity Form, and
2. Properly cite that assistance and/or acknowledge it at the end of your self-reflection.

If anyone asks you for help, direct them to me instead.

From the following list, identify your top three values. (If you have a personal value not on this list, feel free to add it!)

Accountability	Diversity	Inner Harmony	Results-oriented
Accuracy	Dynamism	Inquisitiveness	Rigor
Achievement	Economy	Insightfulness	Security
Adventurousness	Effectiveness	Integrity	Self-actualization
Altruism	Efficiency	Intelligence	Self-control
Ambition	Elegance	Intellectual Status	Selflessness
Assertiveness	Empathy	Intuition	Self-reliance
Balance	Enjoyment	Irreverence	Sensitivity
Beauty	Enthusiasm	Joy	Serenity
Being the best	Equality	Justice	Seriousness
Belonging	Excellence	Knowledge	Service
Boldness	Excitement	Leadership	Shrewdness
Calmness	Expertise	Legacy	Simplicity
Carefulness	Exploration	Love	Soundness
Challenge	Expressiveness	Loyalty	Speed
Cheerfulness	Fairness	Making a difference	Spontaneity
Clear-mindedness	Faith	Mastery	Stability
Commitment	Fame	Merit	Strategic
Community	Family	Moderation	Strength
Compassion	Fidelity	Money	Structure
Competitiveness	Fitness	Obedience	Success
Consistency	Fluency	Openness	Support
Contentment	Focus	Order	Teamwork
Continuous Improvement	Freedom	Originality	Temperance
Contribution	Friendship	Patriotism	Thankfulness
Control	Fun	Peace	Thoroughness
Cooperation	Generosity	Perfection	Thoughtfulness
Correctness	Goodness	Piety	Timeliness
Courage	Grace	Playfulness	Tolerance
Courtesy	Growth	Pleasure	Traditionalism
Creativity	Happiness	Popularity	Trustworthiness
Culture	Hard Work	Positivity	Truth-seeking
Curiosity	Health	Power	Understanding
Decisiveness	Helping Society	Practicality	Uniqueness
Democracy	Holiness	Preparedness	Unity
Dependability	Honesty	Professionalism	Usefulness
Determination	Honor	Prudence	Valor
Devoutness	Humility	Quality-orientation	Vision
Diligence	Humor	Reliability	Vitality
Discipline	Independence	Resourcefulness	Wisdom
Discretion	Ingenuity	Restraint	Wealth