

Due Date

Sunday, November 16 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, November 18 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 some fundamental aspects of your identity and how you react if these are implicated during conflict and disagreement with others.

1. What do you think are three fundamental aspects of your identity? In order to answer this question, come up with three different ways to finish this sentence, "If I know nothing else to be true about myself, I know that I am...". Be sure to clearly explain what each of these three aspects means to you.
2. Why do you think each of these three aspects is so important to your self-image?
3. Has anyone ever challenged you on any of these three aspects of your identity, especially during conflict and disagreement? For example, another person might deny that you have one or more of those aspects. Or someone might paint one or more of those aspects in a negative light. If so, what happened? If not... I'm not sure I believe you... but hey, if you insist, then why do you think that you have never had such a challenge?
4. During conflict and disagreement, do you ever feel that you do not live up to any of those three aspects of your identity? For example, in conflict you might sometimes behave in a way that does not conform to one or more of those aspects. If so, why is that? If not, I'm still not sure I believe you... but, if you continue to insist, then why do you think that you have never had that experience?
5. Putting all this together, how do you tend to react to such "identity quakes"? Or, if you cannot think of an actual instance of this—I don't believe you, but fine!—how do you think you would react if that were to happen?

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 1,000 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.