Due the day we take the final.

A Primate's Memoir Letter to past self  2-3 pages max (no readability required)

Before school started we asked you to write a letter to your future self. That future self is now here and will continue to evolve throughout your time here at SJSU. Right now we would like you to reflect on this semester. Approximately 3.5 months have passed since your past self wrote to your future self. You have been through a lot.

Your assignment is to write a letter back to your “past self” and respond to your original letter. What did you learn and experience this semester?

Directions:

1. First, re-read your original letter to self (written before school started). You should have a copy saved on your computer. If not obtain a copy from your activity instructor. Both a copy of the first letter and the second letter must be submitted together to receive full credit for the whole assignment. Please note that this assignment is worth at 240 points total (120 for pt 1 and 120 pt 2). Put the 2nd letter on top when submitting this assignment.

This assignment is due the day of the final exam and will serve as a ticket to take your exam.

Remember that this assignment is a letter (not an essay).

Your letter should begin, "Dear" and end "Sincerely" or "Love" etc..

**Mandatory Elements: (Parts I, II and III)**

**Part I**

Start the letter “Dear (your name),  [Remember this is a letter not an essay. You may be informal]

In the first paragraph as you write to your past self answer these questions:

1. Is the College experienced what you imagined it would be?

2. What surprised you about college? (People, work load, professors, expectations, parking, etc..)

3. Were you as prepared or not as prepared as you originally thought before school started?

4. Do you feel less ready, as ready or more ready now that you’ve experienced what you have experienced to go forward with your educational journey than you did before entering SJSU with your
education? Why? What prepared you? What kind of things did you do or participate in that you feel strengthened your preparedness (tutoring, Sci 2, a particular class or classes taken, student organization, professor office hours, etc.)

**Part II**

In the second portion of your letter you must demonstrate that you have a CLEAR understanding of the (1) physiological (health) influences on your well being; as well as the (2) psychological (mental) and (3) social/cultural aspects of your wellbeing as you have journeyed through this semester at SJSU.

As you write to your past self give examples and explain the importance of the physiological factors that have influenced your wellbeing and/or the illnesses that have occurred from lack of proper care that impacted your performance this semester. Those influences and factors can include: exercise, vitamins, proper rest and diet, lack of rest resulting in sickness or coming into contact with those who were sick this semester, etc...

You must also demonstrate that you understand and give examples of the psychological influences on your well being and are allowed to include such factors as family and/or social drama, school and starting assignments last minute, physical illness, etc.. Explain to yourself what your stressors have been and/or what you did to relieve stress. These can be activities such as exercising, relaxing, meditating, hanging out with friends or recreational drinking, etc. You just need to demonstrate that you understand that your physical health and psychological health are tied/connected to a balance of these factors. Did you experience stress this semester, not get proper rest and then catch a cold? Sound familiar?

Examples of social and/or cultural aspects can include things like the social skills have you used or developed that have or will allow you to enhance your learning and develop positive interpersonal relationships with diverse groups and individuals or what you've learned about communicating with people through working with different students on your success team, or what you have gained through your experience interacting with diverse persons while doing the "Diversity Assignment" or though other class or campus interactions, parties, pledging, new foods you've tried, etc..

You must demonstrate that you understand the inter relation of the physiological, social/cultural and psychological factors on your development across your life span. In other words can you identify the factors that will contribute to your future growth and development as you continue to grow from this point forward? How they are connected? Will you continue to grow, develop and build on what you have learned so far?

**Part III Summation and conclusion**

Explain to your past self how, with what you have learned, you understand, the skills and information you obtain in college will contribute to your continued mental, emotional and even physical wellbeing.
You must also answer the questions below (and elaborate):

How is your overall well being and the well being of society affected by you getting a college education at SJSU. What do you expect that the positive benefit to your community and the overall society will be as a result of you becoming an educated person?

In writing your letter, take your past self on your journey from who you were (past self) before you arrived at SJSU, to who you understand yourself to be now given your experiences over the past semester. What you have learned about college and most importantly what have learned about yourself?

Do not rush this assignment. It needs to be reflective and show depth. Show us you are ready to work and ready to be here. Good luck and see you ALL in class Monday