What did you expect from a Psychology of Play course? Did this class meet your expectations? Explain your answer.

Going into the course I didn’t have really any expectations, I was not exactly clear as to what the course was really about. The course was very interesting in the fact of the way that play, works in everyday life, I already knew about some of this aspect since, being a big kid, I use play as an escape from reality, and a way to calm my mind, keep my wits sharp by challenging it on different things in each game I play.

I have a habit of using a zen ideal with each new endeavor I attempt. Clear my mind of any preconceptions and just learn from the experience as it comes along. This class was the same way, the mind is a clean slate which I will write the days exercise and try to learn from the lesson.

What is your biggest takeaway from this course?

There are both good and bad on my takeaway from this course. The bad is that I am didn’t like the schedule part of the lessons. It made the task seem non voluntary, and you HAD to do this or that. Even if I tried, I never had the time in the day to accomplish everything that I had on my schedule. It also made me a bit frustrated, that I could not get everything done on the list that I needed to accomplish. The good was the fact that the schedule made me think of everything I had to do during the day, and prioritize better than I had in the past. I will try and keep doing this in the future, but taking a bit less of a bite of my day in each session. This way I can try and get everything done that I have scheduled for that day.

How well have you met the requirements of the class? What are you especially proud of? What would you do differently if you could start the class over?

I believe I have met the requirements as they were written, I could be more flexible on my day to day, and try to accomplish things better than I did. I am proud of the fact that I did in fact accomplish more than I would have if not given the daily things to accomplish. Normally I work, then wing it after that till I have to go to bed. Then rinse, and repeat. The way of the corporate zombie incarnate. I do not believe I would do anything different with this class if I took it over again.

Did you apply any skills from your previous classes in this class? Explain how you think the skills you learned in this class will help you in your remaining classes and in achieving your ultimate goals.

I do not believe I did use anything from the last class in this one. Given that case I will use the ideals and lessons in this class in future classed to try and schedule things that need to bad taken care of, and not merely to be done when I have to time.