

Seasons of Life; Infancy and Early Childhood (5 points)

**Name: Bethany**

**Please look for answers to these questions as you watch this video, then write your responses on the back of this page.**

1. Explain what is meant by biological, psychological and social clocks and give an example of each from the first years of life.
2. How are our “stories written”? How does this change?
3. What did you learn from this video?

Case:	Key concepts illustrated	Professional comments
The Kennedy Family	<p>We are all born into families with values that frame our life story</p> <p>Some things are genetically determined, some babies are calm and others are temperamental from the start</p> <p>Researchers know of 3 clocks,  <b>biological (physical clock)</b> timetable for growth (talking around age 2)  <b>social clock</b> (society) what society expects &amp; when (going to school at age 5)  <b>psych clock</b> – describes passage of time through our inner schedule for growth and development and causes us to become ourself (how old we feel, not how old we are, babies learning that who they see in pictures is themselves)</p>	<p><b>Sheldon White</b> babies are born prepared to signal distress, cause emotion, etc. that leads to attachment</p> <p><b>John Kotre</b> stories combine to tell us what to think about nature, farming, etc. social womb in which our children can be “nourished”</p>
Grant Templin 5 weeks	<p>Hard to leave the baby with babysitters but parents are also unsure if it would be better to keep them home or send them to daycare</p>	<p><b>Janice Gibson</b> – women have entered the work force and have concerns about day care – there is no problem with leaving children in daycare as long as it is a competent day care provider</p>

<p>Justin Kennedy</p> <p>5 months</p> <p>9 months</p> <p>12 months</p> <p>22 months</p>	<p>5 – can have an affect on his surroundings -cry, and comfort, invitation and response, formation of attachment between parent and child</p> <p>9 - being introduced to more sights, sounds and sensations, his attachment is specific to his parents babies learn that people/objects remain existent even when out of sight</p> <p>12 – wont remember this first year later on in life, psychologists disagree on the importance of the first year in future development, some say that it is intensely important, while others think that it is only as important as any other year.</p> <p>22 – first combination of words can be very important – language begins to explode at this age</p>	<p><b>Sheldon White</b> – many believe that the reasonable treatment creates a buffer that allows them to make it through, but the first year is probably not as important as some people make it out to be</p> <p><b>Urie Bronfenbrenner</b> the most important factor is involvement in reciprocal joint activity b/w people who have an irrational attachment</p> <p>Family is the most humane, powerful, and economical system for keeping humans human</p> <p><b>Janice Gibson</b> – first year is most important and sets stage for everything to follow. What comes next is not irreversible, but the odds have been changed after the first year</p>
<p>Meredith Wilson</p> <p>13 months</p> <p>2 years</p> <p>4 years</p>	<p>13 – primarily dependent on parents, Patty and Phil, very demanding baby, always moving. She has developed a sense of self, and she has an additional attachment to her aunt – parents change in response to children</p> <p>2 – she loves to explore the world, new sights, smells, tastes. It becomes easier for parents to relate to her, and her principle task is to strengthen her sense of self, she is now “too old for something” she now knows what she wants – separateness that can be called the “terrible twos” when children learn they are independent</p> <p>4 – Meredith loves to be in the spotlight, while her brother would rather observe – temperaments can endure. She knows that she is a girl and plays mainly with girls, which is typical of children her age (grouping off by gender) children have mental tools to remember things better, our memory doesn’t start until age 3 or 4. Psych. Say that these memories don’t matter so much when you are little, but more so are important later in life when you look back</p>	<p><b>Alice Rossi</b> – becoming a father is first time that many men are genuinely obsessed with caring for the child, increase in expressivity in men who become fathers</p> <p><b>Janice Gibson</b> – as children gain independence they like the word “no” because it is the opposite of what the primary caregiver wants, but it is an important psych. Step. Girls play domestically (playing house) while boys go outdoors and play more aggressively – we don’t know if this is because of how we raise them, or if it is innate.</p> <p><b>Sheldon White</b> – there are consistent differences in the ways babies interact with people/ situations etc. and they differentiate babies from eachother</p>

Preschool art class	Fragments of recollection are beginnings of autobiography for the future, eventually one of these memories will become the first memories they ever have – it can sometimes be easier for them to tell a story with pictures than words.	<p><b>Nancy Smith – art educator</b> Children think of ideas before they do their paintings, emphasis on what the children think is important. They often choose family for their subject.</p> <p>Almost unable to tell you the full story and they want to fit it all into the picture. This communication creates and inspires growth.</p>
Jamillah Johnson 6 years	First day of school – she likely has mixed feelings about her first day of school	<p><b>Fred Rogers – “Mr. Rodgers”</b> Uses puppets to put children in touch with their feelings, etc. The best thing parents can do is listen to their children and help them express their feelings. Ask them questions about the experience so that they can start to think about how they feel about new experiences.</p> <p>The first day is really important once it is accomplished because the child will feel as if they can do it again</p>

1. Explain what is meant by biological, psychological and social clocks and give an example of each from the first years of life. –

**biological (physical clock)** timetable for growth (talking around 22 months)

**social clock** (society) what society expects & when (going to school at age 5)

**psych clock** – describes passage of time through our inner schedule for growth and development and causes us to become ourselves (how old we feel, not how old we are, babies learning that who they see in pictures is themselves)

2. How are our “stories written”? How does this change?

In the beginning, our stories are written by our parents and ancestors, and the experiences that they choose to give us. As we get older we begin to write our own stories through our own experiences. These stories later create a “web of meaning” for us.

3. What did you learn from this video? I learned a lot from this video. I had never really thought about how much a social clock can affect us, or about just how much that first year really could make a difference. It was interesting to me that some psychologists believe that temperament can last your whole life, as I have two cousins who are vast opposites of each other though they have been raised in virtually the same setting. Finally, I learned a lot from the students in the art class. I am an Art Ed. Major, and it was interesting to me that the way that this teacher spoke about how the children want to include everything and this is really the beginning for them. I had never really considered

teaching elementary students, but this made me a bit more interested in exploring those options. Also, understanding how the students are physically/mentally developing prepares me for teaching the student and allowing for/fostering social interactions between students. I also will try to arrange the classroom to foster learning in addition to the social level that students are at. I believe that by really understanding the changes that children, and later teens and even adults go through, I can better understand where students are coming from and work on my strategy to better fit their development.

Case:	Key concepts illustrated	Professional commentary
<p>Jamillah Johnson 6 years</p>	<p>Change in relationship shared with her grandmother</p> <p>Persistent pressure to act your age in the social clock – very important during school years – students must learn to follow someone else’s schedule</p> <p>Students learn about rules and start to make friends, looking for people like themselves to establish their identity</p> <p>Opportunity and risk both exist in the school setting</p>	<p>Sheldon White – She is reaching out to make friends at recess and is starting in sorting out a process of finding out who she is and who her allies will be</p> <p>Anne Peterson – Support from family gives children information for what to look out for and let the children know that this will be a new and exciting time in their life</p>
<p>Karl Haglund 9 years</p>	<p>Sorting out his place in his family – with one brother who is academically gifted and one who is mentally challenged.</p> <p>Seemed to be struggling even though he was putting forth great effort to learn</p> <p>He has trouble with sequential information</p> <p>In the future he will know that he can count on his family for support when he has difficulties</p>	<p>Anne Peterson – most kids have an area in which they struggle but if they can make some headway it is less likely to become a self esteem issue</p> <p>Janice Gibson – each child has learning experiences and abilities and they may not meet what is needed in a situation, they will not do as well but it doesn’t mean that they aren’t skilled in other areas/ won’t be adequate in society.</p>
<p>Jason Kennedy 11 years</p>	<p>Has responsibilities with his family to help keep the farm up and running</p> <p>Struggles with reading, not because of a lack of ability, but because of laziness</p> <p>Has already figured out that schoolwork may not be as important as the lessons he will learn about farming from his dad.</p>	<p>David Hartman – throughout most of history children learned what they would be doing from their parents, but now there has been a shift towards learning in school and few children fully comprehend what their parents do.</p>

<p>Candy Reed 11 years</p>	<p>Has been raised entirely by a single mother but has been able to turn to her grandfather.</p> <p>She wants to be a “big girl” because she has hit puberty – she will now be attending a bigger school with older students</p> <p>It is hard to adjust to new social and school situations at the same time</p> <p>Spends lots of time talking to friends about boys</p> <p>It is hard for parents to find the boundary of not being too friendly or strict</p>	<p>Anne Peterson – start as a child and become a young woman – there is a period of time when the children are changing from day to day and can revert to child and back to teen and then eventually they get to being a full blown teenager</p>
<p>Kim Henderson 15 years</p>	<p>Has an 18 month old daughter She got all of the blame as the woman, the boyfriend did not get any blame</p> <p>When she was little, her dad was an alcoholic and mistreated her and her mother</p>	<p>David Hartman – those who study lifespan say that adolescence can be confusing when clocks get out of sync – biological says you can have babies but social says you are still a child</p>

<p>Nuket Curran 17 years</p>	<p>Act out just because she can now and she may not have the opportunity when she is older</p> <p>Parents and teens often disagree over some minor issues but have the same values generally</p> <p>Kids can now picture the “ideal” and the real world comes up a bit short</p> <p>Lots of pressure to grow up, go to school, and earn money and more money</p> <p>Small things that seem bad are inflated and seem horrible</p> <p>Has numerous friends and lots to live for – her friends are her support</p>	<p>Jessor – sexuality now has to be dealt with at a much younger age than in the past – there is more exposure, expectations and opportunities – earlier facing of development that used to occur later in life</p>
<p>Michael Sheldon 18 years</p>	<p>“just because I live in your house doesn’t mean that I should have to follow your rules”</p> <p>Parents think that he is just demanding instant gratification</p> <p>Looks for a girls looks – then personality</p> <p>Clings to his mom – it was hard for him to adjust to his parents separation and remarry</p>	<p>Janice Gibson</p> <p>Adolescence is when they begin to question who they want to become and find their identity. They must now make the decision of if they want to be like their parents or develop something new.</p>

<p>Trey Edmundson 18 years</p>	<p>Mother died – lives with his aunt and uncle</p> <p>Very independent – but often must take Mimi and Perce around and fulfill their needs as well</p> <p>He knows he is experiencing important times and wishes he could share them with his late mother.</p> <p>Looks forward to graduation and college and wants to be on his own although he will miss his family.</p>	<p>John Kotre</p> <p>Young people can recover from developmental blows but they will be different because of it. Their identity and intimacy may change to being sensitive to pain/the pain of others, etc. which may become a main part of a new identity.</p>
<p>Heather Robinson 17 years</p>	<p>Reads to young children and visits an elderly blind woman on the weekends</p> <p>She has seen people be very kind but others be very insensitive to her elderly friend</p> <p>She has become fairly reflective and can write of her past, present and future.</p>	

**Please respond to these items at the bottom of this page.**

1. Which qualities and experiences of the kids in the program would you hope to see in your own children? Which would you prefer not to see? I would like my children to be responsible and feel like they can come to me with anything. I want to have children who are free to be independent and creative within boundaries, and I do not want them to be academically lazy or rebellious.

Also, within my classroom, I hope to see students who are inspired and excited to learn. I feel that I can help to encourage this through understanding the students development and creating assignments that will allow them to express the wide variety of emotions that they will inevitably experience throughout high school. By purposefully allowing them to represent these emotions, students may be more interested in their projects and more apt to complete them to the best of their abilities.

2. What stories should have been told but were not? Who do you think was left out of this presentation? I think that there should have been a little more on the cognitive changes throughout adolescence, where it seemed to focus primarily on the social part of life. Also, I feel like they didn't really hit the "average teen," as there was a 15yr old mother, an 18 yr old who lost his mother, a son dealing with divorced parents, and a somewhat overly involved woman. I think it would have been beneficial to show an average teen and also to show two people in a relationship and their different perspectives from different sides of the relationship.

## Season of Life: Young adulthood

Early adulthood: the social clock ticks loudly for those in early adulthood, making gigantic demands on adults in their 20's and 30's.

	Get a Job!! happen.	Find a partner!!	Start a family!	Establish a dream/ make it	
Justin Miller 21	Tension makes him think about finishing up school and worries him that he wont be successful. Worried b/c he has seen people taken advantage of	Thinks about girlfriends - Lots of things to say but no one to talk to	. Feels that having a family could make his life difficult and stationary	He has a dream and doesn't know how starting a family will work out with his career choices.	Andrew Cherlin Justin is like many who are putting their personal lives on hold temporarily = he may need to adjust his view of relationships as he moves further in life.
May-ling Agosto 21	Pressured to get a job to support her son and keep things going.	Married at the age of 15, son by 18 separated by 19 – if a husband doesn't need you, it is not impossible to make it without him.	Started a family really young and has struggled through a separation with her husband. Led her to frustration and drugs.	Willing to sacrifice her life for her son and his wellbeing. He makes her life complete, and she feels like things are coming together, as she is training in her job and moving into a new apartment.	David Hartman – she is slowly putting the pieces of her life together again and she is finding out how to change the course of her life and change the disappointments in her life
Anthony and Julianne Cugini	Their jobs are very important in supporting each other – they changed their jobs to fit their family better.	Both looked at marriage as a VERY permanent thing	Had a baby within the first year of their marriage – others said it was foolish for her to do that but she is happy about it.	Held on to their dream of starting a family and learned to deal with the big changes with their marriage and child.	Urie Bronfenbrenner there is an interconnection across the generations – their parents are around to support their family. Their family belief system carries them through
Donna Rodacoj	Working to earn an education so that she can make it for the rest of her life	Loved eachother and couldn't wait to marry – found out that they were worlds apart in their beliefs, etc. and couldn't make it work.	Fell in love and all too quickly fell apart – in the process however, gaining a family	Dreamed of having a family and a house in the country, but their dreams quickly fell apart. Now she is working on her education and getting to what she had dreamed of.	Andrew Cherlin – many women and children are affected negatively by divorce-income goes down 30% or so. Women must go into the workplace to support their family.
Phillip and Patti Wilson 30 & 31	He is a photographer and she is a dispatcher – but they both need to	Fell in love and after some time decided to get married. They don't have the ideal life but its all ok.	Many cycles of good and bad – now have a baby which is great but they have money problems.	She didn't want to get restricted by a husband and child - but now they both make plans for the whole family, especially the baby. The baby really made the family and is helping them achieve their dream of family	Jay Belsky – parenthood and marriage enabling people to discover new parts of themselves and allow people to express parts that have laid dormant for many years.
Brownwyn Reed 31	Has a job that she doesn't want to keep forever but uses music to help her deal and stay happy	Didn't know what she wanted in high school – got pregnant with someone she had known her whole life. Didn't want to get married, wanted to keep her baby	Kind of sounds like it accidentally started – but turned out great nonetheless. Now raises her daughter with her grandfather as a major role model	She feels like everyone else has developed their lives and she hasn't gotten the chance to = she wants to be everything and is realizing that she cant be.	Alice Rossi – has been in a difficult place with struggling to work with a daughter and no significant other for a long time.

David Nimons David Fleisher	Journalist and union organizer – doing work that they care about, work that shapes the world	Ready to get married – had similarities and differences that seemed to work themselves out and decided to get married.	Seem to have started their own family by entering in their partnership with each other.	Originally dreamed of family with children and a dog, etc. but finally woke up and realized that they were gay. They found each other and decided to be together.	David Hartman – they have realized that they are good for each other and work together to make their dreams and ideas come to reality.
Christine Osborne  Almost 40	Works to support herself	Wonders about getting married and finding her perfect mate but it seems grim	She wants to have a baby and start a family – she knows that her biological clock is ticking and is trying to deal with that.	Always dreamed of having children and feels like people don't understand how hard it is to live without a significant other and/or child.	
Deborah and Charles Stith  37	Role in the church has played significantly in their lives – and with their children.	Many positive things in their life happened as a result of the church. Met each other at a seminary	Two kids, a nephew and mother are part of the household. Demands that this causes create tension within the family but it works out.	Try to maintain love that will carry them through the hard times and they are able to put the hard times behind them.	

1. Do any of these stories provide insight into yourself as you are now? What did you learn about yourself?

I think I relate best to Anthony and Julianne Cugini. Their story reminded me a bit if my fiancé and I. It made me realize what my fiancé and I have in common and what we may find difficult in the future. I think that it may be difficult to adjust to having children and changing family situations but believe that we have a strong enough connection to make it through and to work through the difficulties ahead of us. Also, Brownwyn Reed reminded me of my mom – they both seemed to have a strong work ethic and it kind of made me think about all of the thinkgs that my mom has done for me.

2. What experiences of early adulthood are not depicted in this video? What kinds of stories have been excluded?

I think that it excludes an adopted family and a truly “typical” couple (a couple that gets married, settles down and has a child a few years later) It seemed like many of the stories were about people who had children sooner than they liked and not really when they expected to have them. Also, it would have been nice to see a family living the way that they had planned – all of these videos seemed to show people who's lives didn't turn out as they had expected they would.

3. In what ways doe the experiences of early adulthood reflect the legacy of past stages? How might they influence what is to come?

I feel that the decisions that these people have been making reflect on their beliefs and personality that were developed through earlier stages. I feel that this could influence what is to come as their choices about children may ultimately lead them into the future and change their beliefs as they learn what it is like to parent a teen and help out when their own children become parents.

Name\_\_Bethany

Seasons of Life: Midlife

**Midlife: The following headings describe some of the themes identified in this video focused on the experiences of individuals in midlife. Use these themes to focus your viewing and write down evidence you see (or lack thereof) in each of these cases.**

	Response to physical changes	Major life events (normative?) Professional comments Midlife crisis?	Intergenerational connections	Enjoying Fruits of labor	Deeper self	
Brian Sipes	Asked himself if that he was finally starting to age– before he started to age he never felt like he was getting older Prolonged adolescence	Anxious to get out of football and see what will happen – wants people to recognize him but not judge him based on his past	Hopes that he can pass on his story because his dad didn't do that for him	Football was a relatively calm time for him, now he feels he has a good wife and 3 great kids and there is nothing stopping him	Always wanted to walk out of football and have a curtain come down – start a new life outside of football	Alvin Pousaint most of us don't feel changes until 50s or 60s – athletes must deal with this issue at a much younger age.
Kathleen Wilkins	First born baby boomer - not afraid to get old – thinks it's about how we cope with it. – exercises often – much harder to lose 5lbs.	Separated from her husband – came out of it feeling inadequate – started going to the same university	Goes to school with her daughter – wants to have something when her kids are gone to hold on to	She is proud of herself – she is going back to school and feels she has more to offer to a business than a 22 year old would – she has the life experience and the education.	At 40 she has learned to like herself – after such a bad time with her divorce it was important for her to work for something of her own.	Gunhild Hagestad – transitional women – high divorce rate might reflect the fact that they were caught in the crossfires of history. Originally learned “what girls do” and then came the 60s
Danial Cheever	Weight has gravitated - constantly trying to lose weight – loss in stamina and strength	Becoming a president of a college came at the right time in his life when he was ready to do something different. – his wife and his workplace and home life changes	His father influenced him a lot – a teacher who has always taught Grandpa is teaching everyone to sail =	He is enjoying his life – reached his 40s and wanted a change – the opportunity to become a university president presented itself.	Greatest cause that can be served is childhood education.	George Vaillant Whole notion of a midlife crisis has been overdramatized to sell books, etc.
Jim Kennedy	Body has changed and aged as he has gotten older and spent so much time on the farm working.	Father sold him the family farm and told him that if he failed he failed on his own	He wants to preserve the way of life that he has for the rest of his children and their future generations.	Every day is different and he deals with a lot of different situations each day. It made them closer to have to struggle for a bit before making it on their own with their own “business”	Legacy includes not only the farm – but the values that he has as well	
Matt Nord	Feels weak and gets irritable at the kids	The dream is gone – probably forever – it tears him apart because he has lost everything that he was interested in for work – gets depressed	Times have changed for the next generation and it is very different/hard to accept	Feels like his life has fallen apart a bit – lost his job and now must work a lot of low paying jobs to keep things going. Feels like his dreams never come true and he lives in the “land of opportunity”	Realizes that he really loved his job and that now he is back where he began as a teenager. It is hard to cope, especially with his age – all he can do is hope.	Gunhild Hagestad – he is a man with strong expectations in a linear way - work hard, build security, rest on laurels, but suddenly all at once it is all gone – at midlife, it is VERY hard to rebuild.

Chris Rosenberg	Struck by polio at a young age	Her life has basically fallen apart – death of siblings, son, marriage failure – now they are getting back together to try and work it out	They have gotten to their age and now finally feel like they have got it all together	She is happy with her life because she can help others and say “when this happened to me...” which seems to help other women not feel like they are alone.	Feels the reason that she interacts with young women quickly because she can be real to them - forced to be liberated and found something good about herself	George Vaillant One of the rules of development is the capacity to be able to decide to give yourself away or not – in their 20s men are better at NOT giving themselves away, women are good at giving themselves away – to their detriment
Harriet Lyons	Feels like she has gotten older but that isn't going to stop her. She knows what she wants and what she needs to do to get it.	Lost pretty much everything when she lost her job and had no money, including her children's childhood objects, etc.	Her daughter called for her to apply for a job – it led to her putting her life back together and having a job and a life. Spends a lot of time with her granddaughter because of her daughter's drug addiction.	Proud matriarch of an extended family – things got hard but she didn't give up – kept pushing and made it work. Now she can enjoy her life and her family.	Enjoys her life without fear and is fine with her life because she put it all back together. She does NOT feel tied down = and knows if she wants/needs to leave she can.  She is finally coming to where she wanted to be	We are generative when we come to the need of our immediate family - it is important to have this generativity. .
Ruth and Dave Rhylander	Are older but have aged more emotionally than physically due to the death of their daughter at such a young age.	The day that they found out that their daughter had leukemia changed their lives -	It's a totally different era. Their daughter changed their lives and her loss changed it all over again.	Ruth has committed herself to the Presbyterian church's peace mission and continues to do work with it. Dave became a director of a food bank . They feel that their daughter would like what they are doing with their lives now.	Lynn had to die so that her parents could learn how to really live. They had experiences that enriched them and have seen tragedy and joy.	David Hartman Legacy is important to us all – whether it is material or not. Lynn may have died..but she was there and mattered and ultimately left her legacy.

1. Do any of these stories provide you insight into your parent's ( or maybe even your own if you are old enough) lives and experiences? Why or why not?  
I think that the story of Chris Rosenberg reminds me the most of my mom. My mom had a lot of tragedy in her life - - she broke her neck when she was young and then my father died when I was only 6 and my sister was 9. She raised us all by herself and made sure we had every opportunity possible. She never gave up, and neither did Rosenberg.
2. Which qualities and experiences of these people would you like to have in your own midlife? Which would you prefer to avoid?
  - a. I want to be happy. I want to be close to my children and be doing something that will make a difference in some way, shape or form. I do not want to be alone , depressed or unhappy with my job/family life.
3. What are some of the losses that occur during midlife? What are potential gains of this period in the lifespan?
  - a. Men and women seem to have their lives calm down a bit. Generally children are moving off to school/out on their own and the house becomes quiet. I think that this presents opportunities for exploration of new activities or even return to school. Also, biologically menopause and spermopause are setting in, which means that parents must deal with the fact that more children are probably no longer an option.

Name\_Bethany

Season of Life: Old

Age

**Late adulthood** is characterized by great diversity. The biological clock runs down and according to Erikson, individuals work to achieve a sense of integrity.

	Personal resources Reaping for coping. benefits!!!	Work and/or leisure Professional comments	Meaning in life comes from... the
Harry Crimi 61	They have each other and their families to support them - they continue to work and spend some with family to cope	More things to do at home and more activities have surfaced – work in their business as the 3 <sup>rd</sup> generation	They seem to be enjoying reaching retirement and spending time with their children/grandchildren and they continue to work because they enjoy it.
Vivian and Tom Russell	He used the army as a way to escape the south and get a new opportunity and experience.	Have struggled to get to where they are...but now want to give something back to others. Guide to prisoners, comforting those in hospice etc.	Achieving everything from working as hard as he could his whole life - they just bought the dream house that they have always wanted after working hard for many years.
Lyman and Doreen Spitzer	He still studies the universe and science because he feels it is best to keep learning	They love nature and the outdoors/outdoor challenge. He still works as well.	It is difficult to get satisfaction only from what has been done in the past – has to keep going and keep working.  His family life is a source of endearment
Rowena and Milton Band	Snowbird who is 78 and still very active playing tennis – lean on each other for support and love	Still continues to play tennis for fun Former bookkeeper and lawyer that are now enjoying being grandparents	They don't have the everyday worries of their past - they love having someone beside them to hold and call sweetheart
Francis and Martha Kennedy	Their family help them cope with all of the changes. Belief in God helps them pull through the hard times	Still as active as possible on the farm and feel as though they belong on the farm – with their family. Neither sits down to worry about what will happen – just take it a day at a time	Dreams that have come true in the past that will affect the future Enjoys just going and wondering and dreaming at night
Ellen Hanes 94	Cant live by herself anymore – now she has to live in a nursing home to support her	Participates in nursing home activities but has to have help to accomplish anything	She seems to have a very rough self image and wish that she had planned better for the future if she knew how she would end up.

Miriam Cheifetz	Went through a deep depression and wound up moving in to a nursing home so she wouldn't be so lonely anymore.	She spends time with others that are in her situation and also with her children and grandchildren	Her past with her husband and the life that she is living now .  She has a good friend and a great family to enjoy the rest of life with	She has the benefit of living in a nursing home with others that are her own age and she now has a very good friend and fellow widow.	Robert Butler it is important to look back at the mystery of our life through a life review – payoff can be integrity through the cohesiveness of their life and resolution of past unhappiness
Minna Citron 96	Uses her art as a therapy for her to release the tension that is in her life – she thinks more about the past than the future	She went to school for art and left her husband to enter the world –	She has two children and went back to school - her art means a lot to her and she can express her message , which may live on.	Loves enjoying life and doing her best = she continues her art and displays it	David Hartman Our life journey can change, and we hope that at the end there is an inner place of serenity and we go quietly. We learn that old and dying can be transformed.
George Nakashima	Woodworking – he feels that it is important to keep his work useful and not just a shrine -	Learned woodcarving through being put in an internment camp and still is at work with wood	With a tree you can read it's whole history – it has a soul - his family and his art provide a lot of meaning in his life, along with God.	Has no regrets – says he might have done things differently but he doesn't regret it at all. He now enjoys his art for pleasure, and enjoys itme with his family.	Bernice Neugarten In old age people reap the benefits of a long life in its richness, complexity and savoring their life

1. What qualities and experiences would you like to have in your later years? Which would you prefer to avoid?
  - a. I really want to be as active as possible and I hope to still have the positive outlook and good health that I have now. I do not want to fall into poor physical/mental health or become a burden to the rest of my family. I also would love to continue my art late into my life.
2. Are there common experiences of elders that were NOT portrayed in these stories?
  - a. I think that it could have been useful to view an elder (very late in life) living by themselves, or living with a family member. This video, at times, seemed to lack in family involvement and I know that in my family, we have been very involved with each member of our family even as they become old and pass away.
3. What are some of the losses that occur during late adulthood? What are the potential gains of this season?
  - a. There are definitely some major physical losses that occur during this time, and also the loss of spouses and/or friends who may pass away at a younger age. Gains of this season would include retirement and the ability to have hobbies and not have to work all the time. Also, it presents new and unique opportunities, as one may move into a nursing home or explore new hobbies they may meet new long lasting friends that can help them through the hard times of losing others.