

Rich Bowden

(10 points). Being

We have become a nation of human doings, not human beings. Our culture values our rate of production, our economic prowess, our political success, our achievement. We are a nation of competitors. That can be both good and bad. In focusing too much on doing, however, I think that we lose the value of reflecting, contemplating, and truly evaluating. We can also lose sight of what is truly important. Consider the lyrics of the popular country music song (perhaps you've heard it):

"Hero"- Jamie O'Neal

*She's never pulled anybody from a burning building
She's never rocked Central Park to a half a million fans, screaming out her name
She's never hit a shot to win the game
She's never left her footprints on the moon
She's never made a solo hot air balloon ride, around the world,
No, she's just your everyday average girl (but)*

*She's somebody's hero
A hero to her baby with a skinned up knee
A little kiss is all she needs
The keeper of the cheerios
The voice that brings Snow White to life
Bedtime stories every night
And that smile lets her know
She's somebody's hero*

*She didn't get a check every week like a nine-to fiver
But she's been a waiter, and a cook and a taxi driver
For twenty years, there at home, until the day her girl was grown
Giving all her love to her was her life's ambition
But now her baby's movin' on, and she'll soon be missin' her
But not today, those are tears of joy runnin' down her face*

*She's somebody's hero
A hero to her daughter in her wedding dress
She gave her wings to leave the nest
It hurts to let her baby go down the aisle she walks right by
Looks back into her mother's eyes
And that smile lets her know
She's somebody's hero*

*Thirty years have flown right past
Her daughters' starin' at all the photographs
Of her mother, and she wishes she could be like that
Oh, but she already is*

*She's somebody's hero
A hero to her mother in a rockin' chair
She runs a brush through her silver hair
The envy of the nursing home
She drops by every afternoon
Feeds her mama with a spoon*

*And that smile lets her know
Her mother's smile lets her know
She's somebody's hero*

In this assignment, your task is to reflect upon the time that we spent “being.” Address the following points:

Where did your mind go?
What did it mean to you?
Have you had other times in your life when you simply “were?”
What does it mean to YOU to “be” as well as “do”?

1000 word maximum
800 word minimum
(Provide a word count)

You are writing a reflective essay that expresses your thoughts, opinions, and feelings.



Writing a Reflective Essay

Look into a mirror. The first thing you probably see is yourself looking back at you. Keep looking though and you'll also see what's behind you. Writing a reflective essay is similar to looking into a mirror except that instead of seeing objects reflected in the room behind you, you “see” reflections of a past experience. Reflective essays are usually written at the completion of a milestone. For instance, a scientist may write a reflective essay at the completion of an experiment or a student may be asked to write a reflective essay at the end of a course of study or the completion of an individual or class project.

An essay on “My Summer Vacation” could be a reflective essay. However, a reflective essay is not to be confused with an informative essay. While an informative essay relates facts like where you went, what you did, and how much things cost, a reflective essay is an evaluation. It's a record of your feelings and findings from the beginning of your experience until the end. In addition to concluding with a summary of your subject, the conclusion to a reflective essay usually also includes what you learned from the experience.

The essay format of introduction, body, and conclusion is at its strongest when used to write a reflective essay. Begin writing your essay by describing your subject, your feelings and/or expectations at the beginning of the project and by partly disclosing or hinting at your conclusion.

Ex: “I didn't want to go to South Dakota last summer, but by the end of our summer vacation I learned that the Black Hills are really more green than black and the Badlands really aren't so bad at all.”

Your essay body would go on to describe your Black Hills vacation, examining not just the points of interest but also why you found them interesting. This particular essay might conclude with the trip's highlights and the reasons you came away feeling that, “the Badlands really aren't so bad at all.”

In most reflective essays, as well as describing what went right, you'll also want to describe what went wrong or what could be improved and how. For instance, in the example you might describe attractions you didn't visit that you would like to see and/or side trips that disappointed you and why. Alternatively, you might describe things you packed that you didn't need and things you didn't pack that you wished you had brought with you.

The most important factor to remember in writing a reflective essay is that your opinions and conclusions should directly relate to the experiences you examine in the essay body.