

Last reflection for class credit...and it is optional (so if you do it, it's extra credit).

The intent for reflections was to give you class credit for 15-30 minutes of "contemplation" time – time to think about the meaning of life, what's important to you...time to think about questions you might not otherwise contemplate, consider a different perspective. Some of you may have enjoyed this time, some of you may have thought it was a total waste of 15 minutes per week.

This week's reflection: reflect upon the time you spent on reflections in this class. If you appreciated the practice of contemplation, consider how you might incorporate it into your life without receiving class credit for it. If you thought they were a waste of time, but maybe had some value – is there a different approach to take that may make contemplation time more valuable? Perhaps reading a book, looking up a quote each week from someone you respect...etc.

What to write about...write about some ideas you have about the reflections. Don't worry, I won't read these other than to read enough to tell that you wrote something in this regard.