

Introspection Rubric

Brenya Buchalski, MA., JD

Title: Adult hood and Aging

Assignment: Four **full** Pages - Introspection (Not including Title Page and Source/References)

Total Points: sixteen

Due: December 5 (*may be submitted earlier*)

Standard: APA, with Title Page & Double spaced

This semester we shall study various aspects of Adulthood and Aging, we read members of our class team share aspects of this stage of our development each took time to research (as you did).

Along our semester's journey you are encouraged to journal.

Now it is your turn to submit your thoughts in the form of an introspection. This Introspection **must be** related to what you studied under Adult hood and Aging.

This assignment has the goal of supporting you to reflect on your own being. It is your journey of self relating to self actualization. Have fun with same.

As your instructor I shall be sure to grant you the sixteen points you earn as you ethically and respectfully submit a full four page introspection on self as it relates to what you learned about your self as it relates to your semester of study under Adult hood and Aging.

Three points per page = 12 points

Four points for APA standard Title Page

Total = 16 points