Reflective Essay

How do you handle conflict? In this essay, I am going to describe different ways that I, myself, handle conflict. There are many different ways to handle conflict. The main ways that I am going to describe are conflict between two people and my own personal conflict style that was found by doing a survey in class.

My personal conflict style is avoiding, according to the survey that we took in class to develop our own personal conflict styles. I do believe that there are times where I avoid certain types of conflict, but I do not feel comfortable dealing with all types of conflict. Peer to peer conflict, such as in a school system, I feel very comfortable. For example, we have been practicing peer mediation during our class experiences. I believe that I am capable to understand each person's view of the situation, have each of the students explain what they feel the other person is doing, and come to a conclusion that both students can agree to in order to resolve their conflict between each other.

During our class periods, we had to perform conflict mediation between two students and come up with a situation that would have caused a conflict between them. Some of the conflicts were simple to resolve, although some of the conflicts were situations that need to have more in depth mediation styles and other types of mediation available to resolve their conflict. A couple of examples of conflict that is easily figured out through peer mediation is perhaps a student gets into a fight with another student because of their parents starting to date each other. One of the students parent is a single parent, while the other student's parents are still married. The student with the

single parent starts to date the other student's father, which ruins his marriage. The student of the married parents gets into a physical altercation at school with the other student because he believes the other student's mom is ruining his parent's relationship. Therefore, bringing them into peer mediation would be a great choice for someone in this situation.

During peer mediation, you bring each other students in and explain to them that we are going to work on resolving our conflict. Both of the students are going to get a chance to explain to each other the situation that resulted in the altercation. When I first heard of this style of conflict resolution, I thought that there would be no way that this is a possible way to resolve a conflict. But after figuring out that if you have each student repeat what the other student says, do not interrupt the other students, no negativity, and work together to figure out a solution is a very successful way to resolve a conflict between two peers. I was very hesitant to use this style of conflict resolution until we watched the videos online that actually helped solved a few problems. Then, once we got into a classroom setting and actually saw what happens during the peer mediation, my attitude changed tremendously.

Overall, my knowledge of the different ways of mediation within the school system has not only helped me resolve conflict in the classroom, but also within a personal basis as well. By experiencing and practicing peer to peer and teacher mediation, I believe that I will no longer avoid conflict like I had previously.