

## Personal Goals

Every day conflicts will arise between people all over the world. Conflicts can be within one person, or between two or more individuals or groups. It is not the conflict that is the problem, it is the way people handle the conflict. I chose to take Human Conflict so that I can learn more about conflicts and how to handle them in positive ways. I have chosen to major in Elementary Education and will be dealing with conflicts within my classroom of students. I hope that this class will help me gain new skills and knowledge to help me deal with the everyday conflicts that will arise between students within my classroom. So that I will be able to mediate these conflicts in a positive and professional manner, I have set goals for myself to learn as much as I can about racial, cultural, religious, family related, and interpersonal conflicts that I will be seeing in my future. Three major goals I have for myself are to learn how to resolve conflicts with children, friends, and interpersonal conflicts I have with myself.

I will be faced with many conflicts not only in my career, but in my every day life. As a teacher, I will have conflicts with parents, students, coworkers, and families. Right now in my every day life, I am faced with external and internal conflicts. Relationships with friends and family, and being a college student bring many conflicts into my everyday life. These are all conflicts that I need to use my skills learned from this class to help solve them instead of make them worse. I tend to believe that I am right about a lot of things, and am stubborn when it comes to seeing things through the eyes of others. Because many people are like me and do not see things from all sides of the conflict, solving the conflict becomes a huge challenge. Hopefully I will be able to learn how to open my eyes to how others see things and will be able to better handle certain conflicts.

I am currently a cheerleading coach for sixth grade girls. I find many conflicts arise between them and it is often difficult to help solve them. I hope that by taking this class I will be able to learn how to mediate conflicts and help my squad come together and solve their conflicts in

a positive way. A goal I have for myself is to help build my sixth graders' self esteem up and encourage them to solve their conflicts instead of building anger up and creating even more conflicts. Conflicts keep my squad from achieving goals. Not only to the girls have conflicts with each other, there is also many family conflicts and friend conflicts that join our practices and games every week. I hope to be able to illuminate some of these conflicts so that the girls can come together as a team and help each other instead of bringing each other down due to conflicts that can be solved positively.

The third and final goal I have for myself during this class is to learn how to deal with conflicts within myself. I find that I have many conflicts building up within myself that I ignore and let linger instead of dealing with and handling in positive ways. I will be a much happier person if I can start dealing with my interpersonal conflicts rather than ignoring them. I have also found that these interpersonal conflicts play a huge part in creating conflicts with others around me. By taking this class I will be hopefully learn how to handle the interpersonal conflicts I have and start helping myself become a happier person.

Conflicts will be around as long as there is life on earth. By taking the time to learn the skills and knowledge needed to solve conflicts in the correct way, I hope that I will be able to make a difference in helping myself and others. If everyone took the time to step back and look at conflicts in different ways, perhaps the world would be a much happier place. My goals are to be able to help resolve conflicts among children, friends, and within myself. By taking this class I hope to learn these skills and apply them to everyday life. I will use the skills to help myself resolve interpersonal conflicts as well as those conflicts I have with other people. I want to be a positive person who is able to handle hard situations in a calm and helpful way. I will do my best to take as much as I can away from this class and apply it to every conflict that I come upon to help the outcome be positive rather than negative.