This assignment is a reflection paper on the information found in Chapter 1 of your text. By definition, a reflection paper is your chance to add your thoughts and analysis to what you have read, watched, researched, and experienced. A reflection paper is meant to illustrate your understanding of the material and how it affects your ideas and possible practice in the future. While reflections papers can be considered informal, this reflection paper should utilize APA formatting.

Page 1: APA 7th Edition Cover Page: page numbering in the header, your title (bold), subtitle (bold), your name, university name, course number and name, Professor's name, and date of assignment.

Pages 2-3: Two pages of APA 7th Edition formatted double-spaced writing reflecting on the chapter while critically exploring your own experiences, goals, and career path. Discuss how the assigned readings can enhance your journey, future career path, and professionalism. APA formatted in-text citations are required. **The paper should be between** **250-500 (**12 point**) words for the introduction, body, and conclusion combined**. Use Level 1 & 2 headings and subheadings for easy organization of your paper.

Page 4: References in APA 7th Edition format. (that includes using these videos instead of the textbook and **one an academic resource** ) Do not include references not cited in in-text citations.

The videos

1. <https://www.youtube.com/watch?v=kcHn_uLjZS0>
2. <https://www.youtube.com/watch?v=sXqyIiX6LlU>
3. <https://www.youtube.com/watch?v=cKaWJ72x1rI>
4. <https://www.youtube.com/watch?v=fYxnIOC3wl4>