Reflection Paper Prompt

Please watch **both**of the following videos. Then, please write a **2-3 page paper, APA format** about what you understood from the videos and how you are able to relate to them in your life. It could be an observation of a personal experience.Please submit your essay via Turn It In。

1. Understanding childhood trauma and abuse | Tanya Waymire | TEDxFlowerMound

<https://www.youtube.com/watch?v=y2LMPCnZhtY>

1. How childhood trauma affects health across a lifetime | Nadine Burke Harris

<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Reflection Paper Rubric

**This paper is a 2-3 page paper.**

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| 1. Understanding of the Subject Matter | 5 points  What did you understand from the videos? |
| 1. Depth of Thought | 5 points  How can you relate the content of the videos to your own life? Please include examples. |
| 1. Organization | 5 points  Is there a flow to your paper? |
| 1. APA Format, Grammar, Writing Style | 5 points  Paper must be in APA format. 12 point, Times New Roman font, double spaced. Grammatical errors must not stop the flow of the paper. |