The purpose of these daily reflections is to connect the class themes with your personal experiences. These daily reflections can also be used to set up the foundations of your final paper; due at the end of the two-weeks. There is more space on the back of form, if necessary.

Please answer all questions and provide relevant examples. Failure to do so will result in a lower grade.

Discuss positive aspects of today’s presentation(s)? List 2, and if possible, how they complement your personal experiences.

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Explain any methods (rituals, folk beliefs, alternative healing approaches, herbs) that were discussed or demonstrated that you could apply to your daily routine? Demonstrate at least 2 examples.

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Address could today’s presentation(s) be improved?

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