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Step 2: The 3 papers I chose include a values paper from a social work welfare class, a special education paper, and a social welfare paper. The paper I wrote for my SOC 275 class was a service learning reflection paper based on my completed volunteer experience. I wrote this paper during my spring semester of junior year. For this class, it was required to complete a volunteer experience somewhere and discuss what you observed. I wrote about volunteering at the soup kitchen the types of people I saw and what I observed while working. The institution I connect this paper to is economics. The people who came to the soup kitchen were mostly homeless or had very low incomes and needed to receive a meal. The structure of the way I wrote this paper is pretty basic and explains my experience. I think that I could have added more information about the welfare of the people and connected it to a sociological institution.

In the second paper, I discussed special education and how crucial a child support system is. I connected this paper to the institution of education. I wrote this paper in 2020 when I was a freshman and new to being a sociology major. This paper did not discuss anything about sociology but discussed how education affects special education students.

The third paper I completed was for a social work class that I completed freshman year. This paper discussed my personal values. This paper focuses on my personal thoughts and beliefs about who I am as a person in society. Though this paper was written in 2020, my writing style I would say is the same it is now. I think that I use sociological theory in my day-to-day life when looking at society as a whole and also when determining how I want to portray myself in society.

 Step 3: Institutions structure my behavior, attitudes, and beliefs, in many ways. Structures that I consider have changed my mindset the most is the welfare and education system. I have been able to learn so much more about the welfare system and how society is affected by economics. I believe that the welfare institution needs the most change in society since so many individuals in society use some type of welfare. My behavior and attitudes have changed positively based on what I have learned throughout my courses. I have had my eyes opened wider as to how many people in society are affected by our welfare system. In my sociology welfare course, we learned how many Americans rely on food stamps, and other benefits from the welfare system, compared to other countries. I also have learned so much more about the education system and how children rely heavily on going to school just for a meal and a safe place to be. Many children use school as their safe place, instead of their homes. The welfare courses I took opened up my eyes to how others in society live, the struggles they face, and how America benefits and disadvantages them. Other concepts I have learned that have opened my eyes include learning more about race, and inequality. Race, inequality, welfare, and education can all be individual struggles in someones life or can overlap.

Step 4: The skills and knowledge I have learned throughout my courses can help me in my career by understanding other peoples lifes. I think that no matter how you are raised and what you personally belief, its important to have different outlooks and knowledge of others lifes. If I were to be a child therapist in a school, and a child came to me from a completely different lifestyle and home life than I personally experienced, I would want them to know that I have knowledge and can help them just as anyone else could even if I cant relate. The skills I have learned through volunteer work and my internship about all of the services that can be provided to families that qualify is something I can educate others about.Whatever job I choose, I believe I can use the skills I have learned in any career.