Step 3

The institutions have structured my own behaviors, attitudes, and beliefs in several different ways. Institutions have taught me how to behave in all kinds of situations. Learning about institutions throughout the years has also increased my learning in certain values and skills. I think that the courses I have taken have provided a much better understanding with institutions and not just the courses I have discussed in the previous steps, but in so many others too. What I have learned most about institutions is that they help shape our society and we as citizens learn how to better belong by understanding how institutions work. When thinking about certain concepts from my classes that stuck with me a few come to mind. First specifically on education. In two of the major courses I took, education was a very big topic/ importance in the class. Before taking these classes there was so much, I did not know or realize about education in the US. One of the first concepts that comes to mind is the question of is recess necessary. There is so much discussion on this topic and many debates on it too. Some schools have cut recess out of their daily schedules or lessened it. In the sociology of education course, we learn that a student sits for 8.5 hours a day. We learned that research showed that children need at least 20 minutes of recess daily. Something that I never thought about before taking this class was how necessary breaktime is for children throughout the day. Another concept that helped better explain attitudes and behaviors towards social movements was understanding the factors and strains of these. In sociology in practice, we learned all about the different movements, factors and strains that go into conditions within social movements. Some strains include poverty, injustice, and economic uncertainty. Dealing with the factors and strains, there are four different types of movements to approach these issues. These social movements are alterative, redemptive, reformative, and revolutionary. It is important to understand how these social movements work because they have improved/ will continue to improve our society within certain institutions. Lastly, the final concept to discuss was a huge topic in gender and society but also in marriage and family courses. The overall topic of understanding gender and its many roles now in our society. There are so many terms and new ideas that we as citizens must be aware of in our society. Once we all understand and change our attitudes towards these, it can better help shape our society. One of the biggest concepts in this course was understanding social differentiation. This refers to to the fact that there is a range of possible values for each of the numerous physical, mental characteristics of human beings. I think understand gender, and sex is all part of this, and once these can be fully accepted our institutions will not be successfully embraced. It is very important in our society and especially now to be able to behave in all kinds of situations, but also understand how to shape our society.