

## Personal reflective essay topics - Higher

### 1. Letter to the sister / brother / child you never had

The purpose of this task is not to be morbid but to explain to a sibling / child you never had what life is like by looking at two or three key events in the life of your family or your personal experience. What did it feel like to go through these experiences? Did they make life a good or a bad thing? Dig deeply into your thoughts and feelings and show how they shaped your thought about yourself now and your future.

### 2. Peer pressure

Describe a situation where you felt you had to do something different from the expectations of your family and / or friends. How did it feel to go through that experience? What did you learn – how has it shaped you for the future which is ahead of you?

### 3. Regret

Is there something which has happened which you now strongly regret? Why did you take the decision you did at the time? If placed in the same situation now what would you do? How do you recover from regret – how are you moving on from this?

### 4. Joy / Success

Is there something which has happened which brought you a lot of happiness and / or success? What led up to this moment – what part did you have to play in it? What does this experience tell you about joy and / or success and how do you build on it for the future?

### 5. My mentor / inspiration ...

Describe someone who has greatly shaped or influenced your life. Describe in detail the relationship you have with that person and what personal qualities you have drawn from them. How will you use these qualities to affect who you are now and who you hope to be?

### 6. The choice

Describe a moment in time when you had to make a very important choice, perhaps a moral choice. Explore the influences which led to your choice and the people / values which led to your decision. Looking back now is it still the right choice – what if anything would you change? How is that choice affecting who you are now and what you hope to become?

### 7. Tolerance

Can you honestly call yourself tolerant of other cultures / religions / sexual orientations / body sizes ... Explore the issue deeply considering what makes you tolerant and / or intolerant. Do you consider yourself to be on the high moral ground and if so how will you stay there? Or do you believe that to move forward you will need to change in some way?

### 8. What makes me a good friend

Explore (perhaps through an event or two) what makes you the best / worst friend that you are. How are these qualities to be seen, are they developing and how do you think they will influence the choices / friendships / relationships you might make in the future.