**Final Written Assignment**

**Course:** Grief & Trauma: Navigating Loss, Awakening Life
**Instructor:** Dr. Althea Winifred
**Due Date:** Wednesday, May 14, 2025
**Length:** minimum of 500 Words

Assignment Title:

"**What I Have Learned: Reflecting on Grief, Trauma, and the Depth of Human Experience**"

Assignment Overview:

Throughout this course, we have explored the layered realities of grief and trauma—what they are, how they are expressed, and how they impact the emotional, psychological, relational, and spiritual aspects of a person's life. You have been introduced to various models, stories, case studies, and clinical as well as theological insights.

For your final assignment, you are invited to reflect on your personal learning journey and articulate **what you now understand about grief and trauma**, especially focusing on the **emotional and psychological dimensions** we examined.

This is not a test—it is a space for truth-telling, integration, and deeper insight. Let your writing reflect not only what you've learned in your mind, but what you've absorbed in your heart and spirit.

**Assignment Prompt:**

**In 500 words for each question, write a reflective summary answering the following:**

1. What key insights have you gained about the **nature of grief** and its emotional process?
2. What have you learned about **trauma's psychological imprint**—such as how it affects the brain, emotions, and behaviors?

3. How has your perspective shifted regarding the **invisible symptoms** (e.g., suppression, triggers, shame, identity disruption)?
4. In what ways will your new understanding impact your **personal journey**, **ministry**, or how you **support others**?

You may include personal experiences, key phrases or models that resonated with you, and any moments during the course where your awareness deepened.

Submission Guidelines:

- Format: Typed, double-spaced, 12pt font, standard margins
- Submit via [insert platform/email] by **Wednesday, May 14, 2025, at 11:59 PM EST**
- Title your document: *FirstName_LastName_GriefTraumaFinal*

Grading Criteria:

- Clarity and depth of reflection
- Integration of course teachings and concepts
- Personal application and insight
- Word count and timely submission

**Remember:** Your voice is valued, your growth is evident, and your healing matters. Let this assignment reflect not only what you've learned—but who you are becoming.