**Personal Conflict Project: Part 3 – Reflections Assignment Instructions**

**Overview**

Throughout this course you will be introduced to different theories, strategies, and skills necessary for conflict resolution. This theoretical underpinning is necessary before you can practically apply any of the concepts you learn in this course. This project will allow you to start to identify a current personal conflict and attempt conflict resolution strategies and reconciliation based on the theories, strategies and skills you encounter. This project has three parts: **Part 1 – Identifying the Dispute**, **Part 2 – Reconciliation Plan**, and **Part 3 – Reflections**.

**Instructions**

In order to finalize this project, you must reflect on your reconciliation meeting. Due to the sensitive nature of this assignment, full confidentiality will be maintained.

This assignment has two different reflections require. First, you must reflect on your reconciliation meeting. You must fully describe your meeting, strategies you employed, and the outcome of the meeting. Secondly, you must reflect on this assignment as a whole and fully explain what you have learned through this project.

This assignment should be between 2 – 4 pages in length and each paragraph should be a minimum of five sentences. No title page, abstract, or reference section is necessary unless you use citations. If you use any citations, you must properly cite according to current APA standards and include a reference section.

Please note that your final grade on this project is not contingent upon successful reconciliation, but the process you go through during this project.