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Attending a Catholic High School, I am required to take religion classes for all four years. However, senior year we are able to choose two religion courses of our choice. I chose Death and Dying because it seemed the most interesting. I heard from previous seniors that it is the most influential course that they have ever taken. Although, I really did not believe them that much, I decided to take it anyway. Little did I know at that time, how this class would change me, for the first time I was able to freely communicate with girls who share the same or different experiences as me.

I am a very shy, quiet girl who does not like to show a lot of emotion to my peers. I tend to hold back everything inside and keep to myself. However, taking Death and Dying has completely opened me up to my peers, and to myself. I am able to discuss personal issues with my teacher and classmates because I feel a connection and a sense of communication. Previously, I would always dread going to religion class, but now I look forward to it. I am always curious about what we are going to discuss and what personal experiences are going to be shared. I cannot really say that I feel this way about other classes that I take. This class allows me to be myself, and I feel extremely comfortable talking about personal issues. One day in class, I was sharing a personal experience with my classmates and I began to cry. At first I was embarrassed to cry in front of everyone, but then I was proud that I was able to talk openly about emotional subjects with my classmates.

I strongly feel that this class has really helped me to be more open with my emotions and my peers. I think that this class will help me later in life to be more understanding with others. I know that the things I learn from this class will be carried on with me forever, and I can pass

them on to others. I think that Death and Dying has opened my eyes to reality, and I think that it

will help to improve my skills of personal and professional communication.