

Appendix: Sample Entry

Holding Doors for Others, Opening Doors of Kindness—A Culture-Based Observation

When one person holds a door for another, it not only helps the person in need, but it builds a sense of compassion and gratitude among both people. My favorite observation today was when I watched a young woman, who appeared to be in a hurry, actually stop and hold the library door for a stranger who had both hands full of books and a book bag. This interested me because the woman who held the door was in a hurry, but she took the time to be kind and patient with what appeared to be a complete stranger. I liked how the young man (the stranger) smiled and said, “Oh, wow! Thank you!” Then, he looked at the young woman. She smiled at him before disappearing down the hall. This would rarely happen in my own culture because people really only watch out for themselves. However, here, on the Nebraska campus, I see people hold the door for others all the time. But, today’s observation was special because I could feel a sense of humanity between the two people. In sum, I felt that the woman not only held the door for the man, but she also opened a door of kindness. Her actions said, “Look, I’m busy, in a hurry, but I want to offer you a helping hand to make the day a little brighter.”