

CARP Talk

Maturity

Lancaster Gate UK HQ, London, United Kingdom, 9th December 2015



It's almost half way through December, and 2016 is creeping upon us. Amongst the chaos of end of term assignments, endless Christmas shopping lists and avoiding second helpings of mince pies, perhaps you've had some time to ponder a new year's resolution. Although statistically a weak motivator for self-improvement, (only about 8% of people who make New Year's resolutions are actually successful in achieving them, according to the Statistic Brain Research Institute), with the growing popular culture of self-help and life hacks, it's evident that people everywhere are agonizingly striving to better themselves.

Here at CARP, we aim can make a positive impact in society by raising strong and honest individuals. This week's CARP talk was given by Y. H., a previous 3-year CARP member from Japan, on the topic of 'Maturity'.

In setting our resolutions our underlying goal is often in hope of becoming more mature individuals, in order to improve quality of our relationships, our career and school lives, to become people of greater self-discipline, and generally to experience a richer life.

So what is maturity? According to some quotes off google images, maturity is 'not when we start speaking BIG things, but when we start understanding small things', it is 'when a person hurts you

and you try to understand their situation and don't hurt them back'. The Bible says that 'emotional maturity is demonstrated by how kindly you treat those who mistreat or understand you'.

According to Y., it's kind of like the cumulative result of a process of growing up. Throughout our lives we grow certain aspects of our character in different environments, at different ages, and inherit we these from different people. In our childhood mostly this is from our mother and father, but ultimately we must develop these aspects in ourselves. Y. gave us some personal stories of the things he learnt from his parents, how he learnt to respect them, he was disciplined by them, but he also humbly learnt from their mistakes too.

These aspects of a mature person begin with empathy, learning to receive unconditional love, and go on to develop our own initiative, will, patience, responsibility, co-operation, and we develop our sociability, goal-setting and sense of value.

Throughout our lives we are confronted with situations, opportunities and people who will help us develop these aspects. As young adults it is now up to us to become independent and mature individuals, and no matter what childhood we had or environments we are faced with, we are constantly changing ourselves, but whether we can change by learning and developing or

by being downcast is own decision and responsibility. We are not shaped or defined by our external environments but by our own internal levels of maturity.

This week there were 3 CARP freshers hearing their first CARP talk, a couple of recent additions to the CARP family had come also for their second or third time. The little café room was getting rather cosy as more and more people filtered through the doors and chairs were becoming blissfully scarce.

The ice-breaker and public speaking game was to give an account of the history of an object or phrase given at random. Apparently the tooth fairy is in fact a pharaoh of ancient Egypt bestowed with magic powers, and the zebras stripes are the direct result of God's separation of light and darkness.

Every week at CARP we aim to practise and improve our fluency and confidence in public speaking, and what better way to do so than with ridiculous stories and encouraging peers?

Next week's CARP talk will be on the topic of 'Value'. Have you ever wondered; what is the value of a human being? Have you ever struggled to see your own value or the value of others? Next week we'll be hearing a talk, discussing and going deeper into this topic, so stay tuned!