

# Essay Writing

"Instructions in Youth are like Engraving in Stone"

## I. Introduction

- A. Explanation of the proverb
- B. Importance of formative years in shaping character
- C. Thesis Statement: The formative instructions and teachings received in youth create a lasting and profound impact, much like engravings in stone, influencing a person's character, behaviour, and values throughout life.

## II - Understanding the Concept of Instructions in Youth

- A - Defining "instructions" in the context of youth
- B - Role of parents, teachers, mentors, and society in providing these instructions
- C - The brain's receptiveness to learning in childhood and adolescence.
- D - Historical and cultural perspectives on early education and its lasting impact.

## III - The metaphor: Engraving in Stone

- A - Exploring the meaning of the phrase "engraving in stone"
- B - Why stone is used as a metaphor for lasting impressions.
- C - Comparison between engravings on stone and instructions in youth
- D - Psychological and developmental studies on the longevity of early life teachings.

## IV - The Role of family in Providing instructions:

- A - Parental influence on moral and ethical development.
- B - The significance of early familial interactions.

C- Impact of parenting styles on long-term behavioural outcomes.

D - Case studies or examples of family-driven value systems.

V- The Role of Education and Schooling in Shaping Youth

A - School as a critical environment for social, moral and intellectual development

B - Teacher's influence on students' lifelong learning habits and discipline

C - Curricular and extracurricular activities' role in personality development

D - The effects of different educational systems and approaches on youth development

E - Long-lasting impact of early academic success or failure.

F - The importance of mentoring relationships in educational settings.

G - Real-world examples: Famous personalities shaped by early education (e.g., leaders, scientists, artists).

VI - Peer Influence and Socialization in Youth

A - The role of peers in shaping personality and behaviour

B - Peer pressure: Positive and negative influences

C - The role of friendships in developing social and emotional intelligence.

D - Long-term effects of socialization in youth on adult relationships.

E - Case Studies: Impact of youth socialization on personality development.

## VII - Cultural and Societal Influences on Youth

- A - The impact of societal norms and cultural values on the development of youth
- B - The role of media, technology, and popular culture in shaping beliefs and behaviours.
- C - The influence of religious, cultural, traditional teachings on youth.
- D - Societal expectations and pressures, and their role in shaping identity.
- E - How cultural narratives and traditions act as forms of "engraving" values in youth.

## VIII - The Psychological Science Behind Early

### Impressions

- A - Neuroscience of learning in childhood and adolescence
- B - How early life experiences shape neural pathways and cognitive development
- 3 C - Psychological theories explaining why early teachings are long-lasting (e.g., attachment theory, critical periods of development)
- D - How early trauma, neglect, or positive reinforcement influences behaviour patterns into adulthood
- E - Case studies or research findings illustrating the brain's plasticity during youth.

## IX - The lasting Effects of instructions Given in Youth

- A - How early teachings manifest in adult decision-making, personality, and habits.
- B - Lifelong impact of moral and ethical teachings
- C - The role of youth teachings in shaping

Career choices, personal goals, and ambitions.  
D - Examples of how early values guide individuals through life's challenges.

E - The impact of early failures or struggles on long-term resilience and success.

X - Consequences of lack of proper instructions in Youth

A - Behavioral and emotional consequences of a lack of guidance in early years.

B - The role of neglect, abuse or poor instruction in contributing to maladaptive behaviours

C - Case studies of individuals who lacked positive instructions and their later struggles.

D - How societies are impacted when youth are not adequately instructed.

E - The importance of youth rehabilitation and reform programs.

XI - Counterarguments: Flexibility and change in Human Development

A - The argument that people can change and grow beyond early teachings.

B - Examples of individuals who overcame negative early instructions to succeed.

C - How adult experiences can reshape or redefine one's values and behaviours

D - The role of personal agency in overcoming negative early influences.

E - Modern psychological perspectives on human development and resilience.

XII - The Role of Society in Providing Holistic Instructions

A - Importance of community involvement in shaping

youth

B - The role of government policies in education and youth development.

C - Programs and initiatives aimed at supporting positive youth development.

D - The importance of providing safe, supportive, and enriching environments for youth

E - How societies can invest in youth for long-term cultural and economic growth.

### XIII - Conclusion.

A - Restating the thesis: The instructions given in youth leave lasting impressions, much like engravings in stone.

(5) B - The importance of intentional, thoughtful guidance in shaping future generations.

C - The role of families, educators, and society in shaping youth's future success and character

D - Final thoughts on the enduring power of youth & teachings and the responsibility of those who guide young minds.

"Instructions in Youth are like engraving in Stone"

Instructions imparted to the young are compared to engraving in stone because once instilled, these teachings have a lasting impact. This metaphor reflects how deeply embedded early life teachings become, shaping an individual's future thoughts, behaviours and values. The brain of a child is highly impressionable, and the experiences and instructions received during these years become foundational elements of personality. The formative period of youth is a critical time when learning is absorbed and internalized, much like a sculptor etches on stone - a process that leaves a permanent imprint.

Youth moral character building involves parental guidance, education, socialization and culture combine to create lasting impacts on youth.

Youth is a time of discovery and profound learning. Children are like sponges, absorbing information from every interaction, environment, and instruction. The term "instructions" refers to the foundational learning teachings that come from parents, teachers, peers, and society.

These instructions shape not only a child's knowledge but also their character and values.

Psychologists have long emphasized the role of early life experiences in shaping the adult mind. This concept has roots in ancient philosophy, with thinkers such as Aristotle and Confucius discussing the importance of

moral and educational upbringing during youth. In modern times, this understanding has expanded through cognitive development

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research, which highlights the "critical periods" in early childhood where learning has the most profound, lasting effects.

The metaphor of "engraving in stone" implies that what is learned early in life becomes a permanent fixture in an individual's world ~~view~~<sup>view</sup>. Much like an ~~individual's~~ inscription carved into a rock, the values and lessons from youth are challenging to change once they are established. Stone, being a durable and unyielding material, serves as an apt symbol for the long-lasting nature of these early impressions. The idea of engraving also suggests a process that requires deliberate action, highlighting the responsibility of caregivers and society in molding a young mind. When done correctly, these early teachings provide stability and clarity, serving as a guide throughout an individual's life.

Parents and family members play an essential role in providing initial guidance and values. From birth, children look to their parents for support, learning, and moral direction. The way parents communicate, discipline and teach their children directly impacts their sense of self-worth, moral compass, and ability to navigate social situations. Parenting styles - whether authoritative, permissive, or neglectful - create different outcomes in a child's behavior and emotional stability. Studies have shown that children raised in nurturing, supportive environments develop greater emotional intelligence while those from hostile or neglectful households often face challenges later in life. For example, research suggests that children exposed

to healthy stems and interpersonal conflicts effectively in adulthood.

Education and schooling are also crucial in shaping youth. Teachers play a significant role in a child's intellectual development and social skills. The lessons learned in the classroom go beyond academics; they include learning how to collaborate, respect authority, and develop discipline. Extracurricular activities, such as sports, arts, and clubs, contribute to building a child's character by instilling values like teamwork, perseverance, and leadership. Schooling therefore, acts as a comprehensive platform where youth receive not only knowledge but also the social and emotional tools needed to succeed in adulthood.

Numerous studies highlight how early academic success correlates with long-term professional and personal fulfillment, illustrating the far-reaching consequences of education in youth. (8)

Peer influence is another significant factor in the socialization of youth. Friendships formed in childhood often serve as the first real testing ground for social interaction, negotiation, and cooperation. Peer pressure can have both positive and negative influences on youth, shaping behaviours, attitudes, and even moral outlooks.

Positive peer groups can encourage academic achievement, healthy social behaviour and emotional resilience. Conversely, negative peer influence can lead to risky behaviours and poor decision-making. The long-lasting effects of peer socialization are evident in adulthood, where the ability to form meaningful relationships and work within a team is critical for success in various aspects of life.

Cultural and societal values further engrain certain beliefs and behaviours into the minds of youth



Every society has its norms, values, and traditions that shape the younger generation. Cultural identity, religious beliefs, and societal expectations create a framework within which youth develop their understanding of the world and their place in it. These cultural instructions, much like parental teachings, become a part of a child's core beliefs and can influence everything from career choices to relationships. In many societies, traditions are passed down with the intention of preserving heritage and ensuring continuity in community values, effectively engraving consciousness of future generations.

⑨ Psychological studies reveal that the brain during youth is particularly receptive to learning and forming new neural connections. This period of neuroplasticity allows children and adolescents to learn quickly and retain information more effectively than at any other time in life.

According to developmental psychologists, experiences and teachings during childhood significantly shape neural pathways that impact cognitive functions, emotional regulation, and behavioural patterns in adulthood. For example, research has shown that children who receive consistent, positive reinforcement develop stronger problem-solving skills and emotional resilience.

Conversely, negative experiences such as neglect or trauma, can lead to maladaptive behaviors and mental health issues later in life.

The lasting effects of early instructions are visible in adulthood, where individuals often rely on the values and lessons learned in youth to navigate challenges. The moral and ethical

Teachings imparted by parents, teachers, and society continue to guide decision-making processes, personal relationships, and professional choices.

Individuals who received positive, supportive instructions are more likely to exhibit resilience, integrity, and success in their personal and professional lives. For instance, values such as hard work, empathy, and responsibility, when instilled early, become fundamental guiding principles throughout life. Conversely, the absence of such guidance can lead to struggles in forming healthy relationships, maintaining employment, and achieving personal fulfillment.

However, the lack of proper instructions in youth can have dire consequences. Children who grow up without guidance or positive role models often face difficulties in adulthood, such as emotional

instability, poor decision-making and susceptibility. While the absence of proper instruction in early life can have detrimental effects, education systems and social programs have the potential to mitigate these consequences. Schools and community organizations often play a crucial role in providing a second chance for children who may lack positive guidance at home.

Educational policies that focus on equity and inclusive inclusion help ensure that all children, regardless of their background, have access to opportunities for success. Social programs, such as after-schooling activities, mentoring programs, and youth clubs, provide environments where young people can receive mentorship, develop life skills and find positive role models.

Governments and non-profit organisations worldwide have recognized the importance of these systems in shaping youth, implementing policies and programs that provide underprivileged or neglected youth with the tools needed to succeed. These initiatives often focus on holistic development, combining educational support, psychological counseling, and extracurricular engagement to foster well-rounded personal growth. For instance, initiatives like "Big Brothers Big Sisters" or "Boys and Girls Clubs" in the United States have provided valuable mentorship and support to youth who may otherwise lack positive influences. Studies have shown that youth who participate in such programs are more likely to stay in school, develop better coping mechanisms, and avoid risky behaviours.

The importance of community involvement, community especially in environments where family support may be lacking. A supportive community can provide children and adolescents with a sense of belonging and purpose, helping to fill the gaps left by absent or ineffective familial guidance. Communities that foster a sense of responsibility for their youth, through collective actions such as mentorship, local sports leagues, and communal educational efforts, create an environment where children can thrive. In many cultures, extended families, neighbors, and local leaders play significant roles in ensuring that children receive the guidance they need. In societies with strong community bonds, the proverb "It takes a village to raise a child" comes to life. Community elders often step in as surrogate parents or mentors, passing down cultural traditions, values, and life lessons that might otherwise be lost. This kind of communal instruction is as valuable as formal

education and parental guidance, as it offers children multiple sources of wisdom and support each leaving an indelible mark on their character and future.

While the metaphor of engraving in stone suggests a certain permanence to early teachings, it is also true that human beings are capable of change and growth throughout their lives. The idea that early experiences and instructions are unchangeable underestimates the flexibility of human nature and the ability to adapt, evolve, and overcome adverse circumstances. Numerous examples demonstrate how individuals have succeeded despite negative or poor instruction in their youth, showing that personal agency and later life experiences can play a significant role in shaping one's character.

Psychologists and sociologists argue that while early experiences form a foundation, they do not determine destiny. Individuals can reframe and reprogram the instructions they received as children through self-reflection, therapy, and positive life changes. Neuroplasticity - the brain's ability to reorganize itself by forming new neural connections - plays a critical role in this adaptability. Even as adults, people can learn new behaviours, adopt new perspectives, and overcome past trauma or negative teachings through conscious effort, demonstrating that early engravings, while influential, are not set in stone forever.

Several famous personalities and historical figures have overcome challenging childhoods and adverse early instructions to achieve greatness. For example, Oprah Winfrey, who faced significant hardship in her youth, including poverty and abuse, became one of the most influential media figures and philanthropists in the world. Winfrey's story demonstrates that while early experiences may

Shape a person / they do not dictate the totality of their future. Through resilience, determination, and positive later-life influences, she overcame the negative engravings of her early years. Similarly - figures like Nelson Mandela, who experienced systemic racism and personal hardships or Malala Yousafzai, who overcame oppressive circumstances in her youth, are examples of individuals who transcended difficult beginnings. These stories of resilience serve as a counterargument to the idea that youth instruction is immutable - Although the instructions given in youth are influential - they can be reinterpreted or reformed later in life with the right support systems and personal will.

(3) Adult experiences play a significant role in reshaping early teachings. Personal relationships, professional experiences, travel, and exposure to different cultures and ideas can all contribute to a reassessment of values and beliefs learned in youth. Life-altering events such as marriage, parenthood, career successes, or failures can provide individuals with new perspectives, prompting them to change old habits and adopt new ways of thinking. For instance, individuals who were raised in environments that fostered narrow worldviews may expand their perspectives after travelling or engaging with people from diverse backgrounds. Similarly, someone who was taught rigid or harmful gender roles in youth may come to challenge those ideas through positive relationships and exposure to progressive thinking in adulthood. This ability to reshape or override early human instructions underlines the flexibility of human development, suggesting that while early engravings are important, they are not invulnerable to change.

Personal agency - the <sup>capacity in</sup> ability to make independent choices and exercise free will - plays a critical role in how individuals respond to the instructions they received in their youth. While early teachings may provide a foundation, individuals have the power to critically assess, accept, ~~raise~~ reject, or modify these teachings based on their experiences and reflections. Personal agency empowers individuals to break free from the limitations imposed by early instructions and to forge their paths in life.

For example, someone raised in a prejudiced or intolerant household may, through personal reflection and education, come to reject those teachings and embrace more inclusive and egalitarian beliefs. Personal agency allows individuals to choose how they respond to their upbringing, making it possible to overcome negative engravings, and reshape their character in more positive ways.

Contemporary psychological theories emphasize the ongoing nature of personal development. Theories such as Erik Erikson's stages of psychosocial development, which extend across the lifespan, highlight the idea that personal growth and change continue throughout adulthood. Erikson's theory suggests that while childhood experiences are crucial, each stage of life presents new opportunities for development and self-improvement. This perspective counters the idea that youth is the only critical period for instruction and emphasizes the potential for growth and change throughout a person's life.

Cognitive-behavioral therapy (CBT), a widely used psychological intervention, also supports the idea that individuals can change their thought patterns,

behaviors and emotional responses regardless of their early life experiences. By challenging and reframing negative beliefs instilled during childhood, CBT helps individuals adopt healthier ways of thinking and behaving, showing that early engravings, while deep, are not permanent.

15 In recognizing the long-term impact of youth instruction, society has a responsibility to provide holistic and well-rounded guidance to its young people. Holistic development encompasses not only academic and intellectual growth but also emotional, social and moral development. A well-rounded approach to youth instruction ensures that children are equipped with the tools they need to navigate the complexities of adult life, including critical thinking, emotional intelligence, empathy, and ethical decision-making.

Schools, families and communities must work together to provide a balanced and comprehensive educational experience that prepares children for all aspects of life. This includes fostering creativity, encouraging curiosity, promoting mental health, and teaching social responsibility. Programs that incorporate life skills, emotional regulation, and civic education are essential components of holistic youth development, ensuring that children grow into well-adjusted, thoughtful adults.

Governments play a crucial role in shaping the instructional landscape for youth through educational policies, child welfare programs, and social services. Governments that prioritize education, invest in early childhood development, and create policies that promote equity and inclusion help ensure that all children, regardless of their socioeconomic background, receive the guidance they need to succeed.

For example, universal access to quality education is a fundamental component of youth instruction in many countries. Programs like Head Start in United States provide early childhood education to disadvantaged families, aiming to level the playing field and offer all children the opportunity for success.

Similarly, many European countries prioritize free or subsidized higher education, recognizing that long-term investments in youth development lead to healthier, more prosperous societies.

Government policies that support families, such as parental leave, affordable childcare, and financial assistance for low-income households, also contribute to positive youth instruction. These policies help create stable environments in which children can thrive, providing the necessary support systems for parents and caregivers to offer consistent, nurturing guidance.

Beyond formal education, community programs and initiatives are instrumental in providing youth with additional opportunities for growth and development. After-school programs, sports leagues, art and music classes, and youth leadership programs all offer children and adolescents the chance to explore their interests, develop new skills, and build positive relationships. These programs act as extensions of the instructional foundation provided at home and school, enriching a child's experience and contributing to their holistic development.

Programs like event organizing, youth sports leagues, teach valuable life lessons such as teamwork, leadership, responsibility, and perseverance. In many cases, these programs provide youth with mentors and role models who reinforce positive values and encourage personal growth. Studies have shown that children who participate in such programs are more likely to develop positive self-esteem, exhibit stronger social skills and demonstrate better academic and life outcomes. For example, youth engaged in extracurricular activities are often more likely to attend

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college, pursue careers in leaderships, and contribute positively to their communities. These programs also offer safe spaces for young people to express themselves, explore their identities, and form lasting bonds with peers and mentors.

Safe, supportive environments are fundamental to successful youth development. Children and adolescents need stable, nurturing spaces where they feel valued and protected. Schools, communities, and families must work together to create environments where youth can explore, learn, and grow without fear of harm or neglect. Supportive environments also include mental health support systems, ensuring that youth have access to counseling and emotional guidance when needed.

Social-emotional learning (SEL) programs have become increasingly prominent in schools worldwide. These programs aim to teach children essential skills such as self-awareness, emotional regulation, empathy, and interpersonal communication. By integrating these lessons into the broader educational framework, SEL programs help create emotionally supportive environments where youth can thrive academically, socially, and personally. Schools that prioritize emotional well-being alongside academic achievement offer holistic support that prepares students not only for academic success but also for the emotional and social challenges they will face in adulthood. Societies that invest in youth development set the stage for long-term cultural, social, and economic growth. Children and adolescents who receive positive instructions in their formative years grow into responsible, productive adults who contribute to the well-being of their youth, they create the conditions

necessary for individuals to reach their full potential, resulting in a more innovative, equitable, and prosperous future. Countries with strong social safety nets, robust educational systems, and accessible health care often enjoy higher levels of societal well-being, lower crime rates, and more engaged citizenry.

In summary, the proverb "Instructions in youth are like engraving in stone" captures the enduring impact of the teachings and lessons imparted during the formative years of life. Early instructions, whether from parents, teachers, peers, or society, leave a lasting imprint on a young person's character, behaviour, and values, much like engravings etched into stone. These early lessons form the foundation of an individual's personality, shaping their moral compass, decision-making processes, and life choices. (18)

The brain's heightened receptiveness to learning during youth ensures that these teachings have a deep and profound influence, making it crucial that the instructions provided are positive, nurturing, and empowering.

The roles of parents, educators, peers, and society are intertwined in the task of shaping youth. Parents and families provide the initial moral and emotional framework, while educators and schools offer intellectual development and social skills. Peers contribute to the development of social intelligence and emotional regulation, and society at large engrains cultural norms and values. Together, these influences create the "engraving" that determines much of a person's future path. However, it is also essential to ~~recognize~~ recognize that while these early engravings are influential, they are not necessarily permanent. Human beings possess the ability to grow, adapt, and change throughout their lives. Through personal

agency, positive later-life experiences, and social support systems, individuals can overcome negative early instructions and reshape their behaviours and beliefs. Programs aimed at supporting youth, such as after-school activities, mentoring, and social-emotional learning, provide additional layers of positive instruction that help mitigate the effects of adverse early experiences.

Moreover, society has a collective responsibility to invest in the well-being and development of its youth. By providing safe, supportive environments, robust educational opportunities, and comprehensive health and social services, societies can ensure that all children have the tools they need to succeed. Investing in youth is not only an ethical imperative but also a pathway to long-term cultural, social, and economic growth.

In the end, while instructions in youth are indeed like engravings in stone, societies must recognize their role as the sculptors of future generations. The lessons imparted today will echo through the lives of individuals, shaping their actions, values, and contributions to society. It is thoughtful, intentional, and compassionate instruction that we can create engravings that ~~we can~~ endure for the betterment of all.