

Reflection Tips

You should reflect on your experiences during all stages of service.

Before

Before the experience, take inventory of your existing attitudes toward a particular project, so it has a personal frame of reference.

- What am I planning to learn?
- How can I share what I am learning?
- How will I be able to tell when I've succeeded with this project?

During

By reflecting during the experience, you will be able to ask questions, tackle problems, and discuss ideas to clarify your learning from the service.

- What do I do on a typical day at MY project?
- How has this changed since I began (different activities, more or less responsibility, etc)?
- What was the best thing that happened this week; something someone said or did, something i said or did, a feeling, an insight, a goal accomplished.
- What's the most difficult part of my project?
- What thing (or things) did i dislike most this week? Why?
- If i were in charge of the project, what would i do to improve it?
- What do i feel is my main contribution to the project?

After

After a service experience, participants need to evaluate, assess and contextualize their experiences.

- What have i learned from my experience in ___?___ program?
- How has my involvement in _____?_____ served the community?
- What insights have i gained into people (what makes them happy or sad, successful or failures, pleasant or unpleasant, healthy or sick, etc)?
- How similar is my impression of myself to the impression others seem to have of me?
- When did I feel especially happy or satisfied? What does that tell me about myself?

Some people express themselves best and learn best through writing, others through speaking, and others through art. Reflection can take various forms such as writing exercises, discussions, art projects, dramatic performances, public presentations, or multi-media endeavors. Choose a form of reflection that builds on your individual strengths and communication styles.