Engaged Learning Workshop - "How Reflection Enhances your Project" Presented by: Community Engagement and Leadership (CEL) 3/25/2014

Notes:

- What? So What? Now What? Method of reflection
 - o What?
 - Thinking objectively about the facts of what occurred
 - What exactly happened?
 - You want to ask yourself questions like what did you observe? What was of particular notice? What was the result? What events or critical incidents occur? Did anyone have differing reactions?
 - o So what?
 - Refers to your feelings behind it all
 - Feelings, ideas, and analysis
 - How was your experience different than what you expected? What struck you about that? Why was it significant?
 - What did you like and/or dislike?
 - What do any of the critical incidents mean to you? How did you respond to them?
 - o What now?
 - Considering the broader implications and apply what you learned
 - How is it applied looking to the future?
 - How do you make meaning of the new skills/knowledge that you acquired?
 - What seems to be the root cause of any issues or problems that arose?
 - What would you do differently?
 - What contributes or hinders success?
- Reflection benefits from you focusing on your 5 senses
 - o Today, what did I see/hear/smell/touch/taste?
 - o Analysis of your 5 senses can help you gain a deeper understanding of the situation
- Letters to self is another reflection tool that can help you understand your own thoughts and feelings
 - o How am I deferent now than when I wrote the letter?
 - o Do I still hold the same opinions?
 - o What has happened since then that could have shaped my view of the situation?