



Reflection – The key to Learning from your Service

What is Reflection?

Reflection is a process which allows one to think clearly about what they are doing and about the experiences they are having. Through reflection, the experience of serving may become a deeper part of your life, values and beliefs. Reflection helps you understand how a service activity fits into much larger issues and social contexts. We learn from reflecting on our experiences.

We suggest that you type an essay, poem, letter, draw, sketch or paint to express how your service experience has helped you to reflect. The questions below should help get you started.

- What are your values? What do you believe?
- What have you learned about yourself through this experience?
- Do you have more/less understanding or empathy than you did before volunteering?
- Will these experiences change the way you act or think in the future?
- Have you given enough, opened up enough, cared enough?
- Have your motivations for volunteering changed? In what ways?
- How have you challenged yourself, your ideals, your philosophies, your concept of life or of the way you live?
- In what ways, if any, has your sense of self, your values, your sense of "community," your willingness to serve others, and your self-confidence/self-esteem been impacted or altered through this experience?
- What have you learned about this agency, people or the community?
- Did you make a difference? Do you feel your actions had any impact?
- What more needs to be done?
- Was there a moment of success, failure, doubt, frustration, happiness or sadness?
- How does knowing that your specific efforts and choices have directly led to helping send a child in need to camp impact, affect or change your values or thoughts on how you spend your time?
- In what ways has your sense of self, community service or willingness to help strangers in need changed since this experience?