

# REFLECT

Taking time to reflect after a service project helps us see what worked, what didn't, and how we can improve for the future. Reflection isn't about judging ourselves—it's about learning. When we think about both our successes and challenges, we start to see patterns, gain new insights, and become stronger leaders. Every experience, even the difficult ones, teaches us something valuable. By reflecting, we grow, develop problem-solving skills, and find better ways to make a difference in our communities.



**Conversation Starter:** Think about a time you tried something new but didn't get it right away. What did you learn from that experience? How did you feel afterward?

## REFLECT WORKSHEET

- **Introduction** (5 minutes): Explain why reflection is important in service-learning. Show how looking back on what went well—and what didn't—helps us learn and improve.
- **Individual Reflection:** Hand out the reflection worksheet. Give participants time to think and write about the event and answer honestly. Remind them that both successes and challenges are learning opportunities.
- **Group Discussion** (10-15 minutes): Bring everyone together to share their thoughts. Use the worksheet questions to guide the discussion. Encourage participants to listen actively, ask thoughtful questions, and build on each other's ideas.

### KEY OBJECTIVES

- Understand why reflecting on service experiences helps us grow.
- Identify what went well and what could be improved in a service project.

### WHAT YOU'LL NEED

- Service Event Reflection Worksheet (printed or digital) for each participant
- Pens, pencils, or digital devices for typing responses
- Optional: Whiteboard or large poster paper and markers

## FACILITATION TIPS

- Let participants know there are no right or wrong answers. The goal is to learn, not to judge. Remind them that challenges and mistakes are just as valuable as successes.
- Don't let the discussion end at "what happened." Guide participants to think about what they will do differently next time and how they can apply these lessons to future service experiences.

## APPLICATION

- How can what you learned today help improve the next service experience you help lead?
- If you face a similar challenge in the future, how will you handle it differently based on what you learned today?
- **Dive Deeper:** Think about the best teams or leaders you've ever worked with—what made them successful? How do you think reflection played a role in helping them improve over time?



**KEY TAKEAWAY:** Looking back on our experiences helps us grow. When we take time to reflect, we recognize what worked, what could be better, and how we can improve. Every project—whether a big success or filled with challenges—teaches us something valuable. The more we reflect, the better we become at leading, problem-solving, and making a real impact.

### CHECK UNDERSTANDING

- Did participants recognize how reflecting on their service experience helped them see both successes and challenges?
- Did they connect what they learned to ways they can improve future projects and grow as leaders?

