Reflection Activities & Avenues for Reflection

The following are ways to structure reflection activities:

1. **Basic reflection circle**
   Group members create a trusting circle. Facilitators structure the discussion where all members share their thoughts and reflection of the experience. Consider inviting community members to the reflection circle to incorporate another point of view.

2. **Journaling**
   You can provide people questions, or just ask them to generally reflect on the service experience before, during, and after the service experience.

3. **Reflective Essay**
   Have participants write reflective essays. These could be submitted to the campus newspaper or national publications.

4. **Email or Online Discussion groups**
   Create discussion groups with other participants from outside your organization that have participated at the same service site.

5. **Presentations**
   Have participants create presentations so they can share their service experiences with others. Look for formal events on campus, or within national organizations where students can share their experience and ideas with others.

Check out the following website:

http://www.uvm.edu/~dewey/reflection_manual/

Look under “Activities” and “Additional Forms of Reflection” for more information on some of these reflection methods.