



Monthly Journaling Exercise

The practice of journaling allows you to reflect and capture your thoughts, feelings, and experiences while you are serving. This practice is an important part of experiential learning. Experiential learning is not learning by experience, but rather learning through reflection and considering how what is learned can be applied in the future. Consider these three simple questions in your reflection: What? (Describe), So What? (Examine), Now What? (Contemplate).

1. What are some accomplishments you made this month?
2. What skills did you use?
3. What skills did you do well?
4. What skills do you need to improve?
5. Describe a challenge that you had to overcome this month. What abilities, resources, or supports enabled you to overcome it?
6. What support do you need to continue to learn and grow?