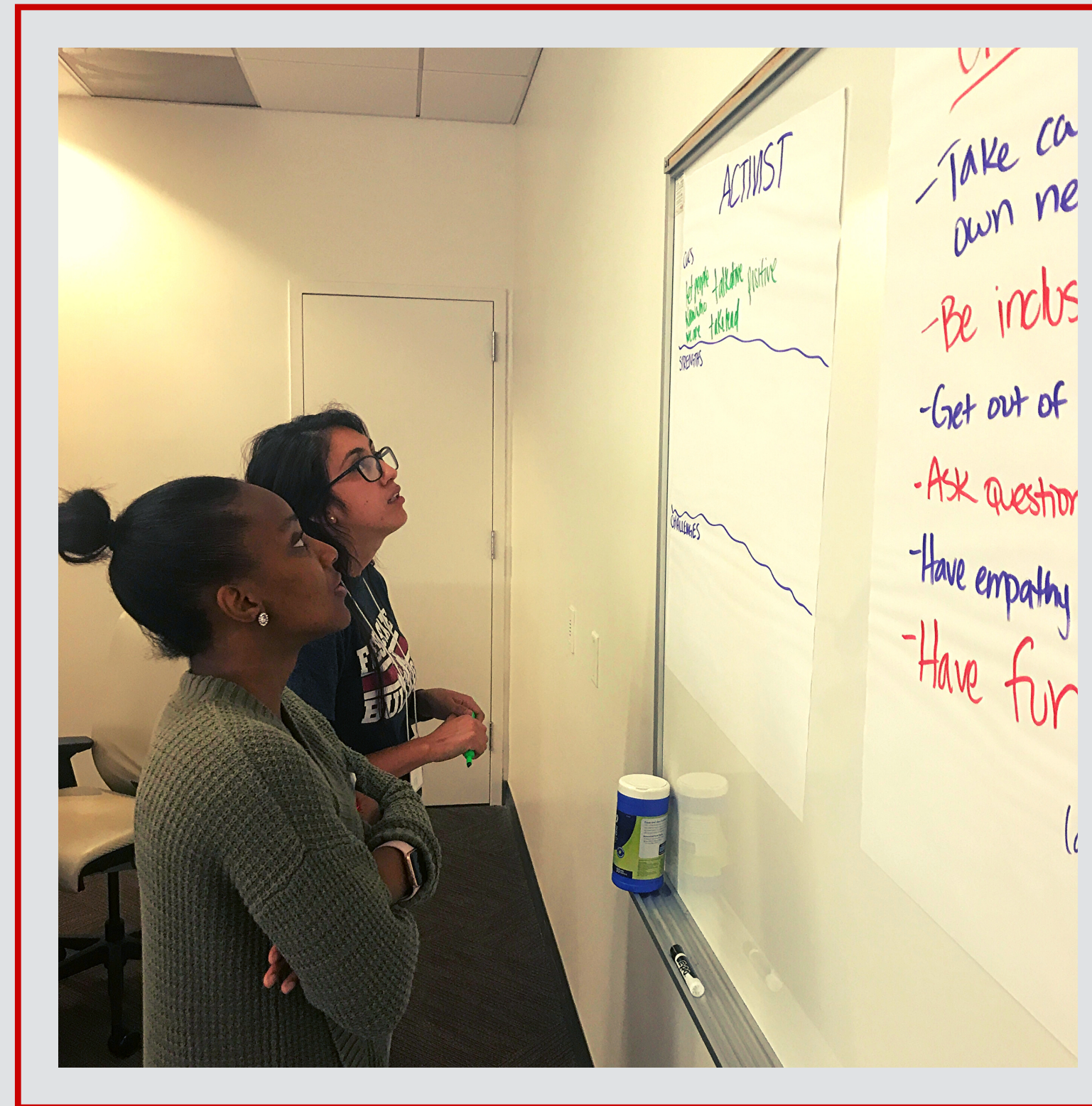


# REFLECTING WITH STUDENT LEADERS



## Reflection is Where the Learning Happens!

- In our field of community engagement and service-learning, reflection is a key tool for bridging experiences and learning. It involves engaging in critical thinking and questioning about existing knowledge and frameworks. We leveraged our experience with reflection in service-learning to support our student leaders and their development.
- Reflection activities are embedded in the program to provide opportunities for the students to make meaning of their learning, leadership, and service experiences.



## Utilizing the 4 C's of Reflection

- We utilize the 4 C's of reflection (as defined by Eyler, Giles, and Schmeide in *A Practitioner's Guide to Reflection in ServiceLearning*):
- Reflection in the program is facilitated **continuously**, including pre, during, and post experiences.
- Reflection questions and activities are **connected** to student learning. For example, leaders complete a monthly reflection form where they assess their own growth, challenges, and opportunities to further develop leadership competencies.
- Reflection is facilitated by trained leaders who pose **challenging** questions while also maintaining a safe space where students feel comfortable sharing their point of view.
- Reflection is **contextualized** by offering a variety of activities that range from the formal to informal and correspond to the topics and experiences addressed through the questions being posed.



## Impacting Student Development

- Through reflection, student leaders are able to identify their strengths and how they utilize them to impact their team and community. Concurrently, they identify areas for growth and opportunities to challenge themselves and develop new skills.
- In a monthly reflection form, one student wrote: *I face the challenge of often doubting myself and my abilities. However, by looking back to times that I've been able to accomplish things, I am encouraged that I can accomplish more and can contribute in a valuable way.*
- Leaders also gain skills to facilitate reflection for their peers, providing opportunities to implement what they've learned.