

CAVE Volunteer
Reflection Questions Fall 2017

Why Reflect? We do not learn from doing, we learn from thinking about what we do. **Reflection is** a crucial part of community service, which allows volunteers to look back on, think critically about, and learn from their service experience. **Reflection is** a learning process where participants think critically about their common service experience. (University of Vermont)

SINCERITY is the most important element when answering reflection questions.

*"A mind that is stretched by a new experience can never go back to its old dimensions."
-Oliver Wendall Holmes*

All volunteers will submit four pages of reflection (typed double-spaced, 1" margins 12pt. Times Roman font). All papers must include your name and program. There will be three assignments, with three separate due dates.

Each topic is described below. The statement which is **underlined in bold italics** is the question you should address in each essay. The questions following are meant to be prompts to help you process your thoughts and guide you as you answer the question.

1. Before Service: Getting Prepared

One Page – Due Friday, September 29th

A key to knowing if you are successful is being able to define what success will look like. Before you start your service, how can you set yourself up for success and what do you hope to learn?

Describe why you chose the program you did. What do you imagine your community partner site is like? What are some of your perceptions or beliefs about the population you are serving? What fear, if any, do have about working in the community?

What skills do you have to serve this site? What do you think will be the most valuable service you can offer at your site?

What do you hope to gain from this experience? What are your goals?

2. During Service: What are you learning?

One Page – Due Friday, October 27th

Now that you have some experience at your site, share what you have learned about the community partner site, the population, and yourself.

Describe your program's community need or identified problem. How is your community partner site addressing that need. Why are you needed?

How is your experience different from what you expected? How have you been challenged? What has worked? What hasn't? What have you done this week to make a difference?

What new skills have you learned since beginning your service?

3. After Service – Now What?

Two Pages - Due Friday, December 1st

How will you think or act differently in the future as a result of this experience?

What impact did you have on the community? What was the most important lesson you learned? Did you learn a new skill or clarify an interest?

Describe what you have learned about yourself as a result of your service. What values, opinions, beliefs have changed? Complete this sentence: Because of my service, I am....

Identify a person, group, or community that you got to know this semester, who is significantly "other" for you. What are the needs or challenges facing them that particularly got to you? What is one way in which you've allowed yourself to be changed as a result of knowing the needs of this population?

Is there any way to prevent people from needing the services of this agency? What can we do to engage in prevention?