

Reflection Guide

Choose at least two questions from each category (What? So What? And Now What?) and write them in a journal or on a sheet of paper for each fieldwork experience that you have. Taking time to reflect on your experiences and recording your reflections will enhance your senior projects greatly.

WHAT?

- What do I expect to get out of this experience (purpose/goals/ideals)?
- What did I observe during my first visit?
- What is the agency or organization's mission or goal?
- Are there other agencies in the community that have similar goals or could be connected?
What part was most challenging? What part did you find surprising?
- How was I of service?
- What roles am I taking on?
- What about myself did I share with others?
- What did others share with me?

SO WHAT?

- What am I learning about others and myself?
- What impact did working at my fieldwork site have on me?
- What did I do that was effective? Why was it effective?
- What did I do that seemed to be ineffective? How could I have done it differently?
- What values, opinions, decisions have been made or changed through this experience?
- What have I learned about my Senior Project topic?

NOW WHAT?

- Is it important to me to stay involved in the community?
- How will my field work efforts contribute to social change? My career?
- What changes would I make in this experience if it were repeated?
- Will I continue to be of service?
- How can I use what I have learned in my Senior Project?