



Reflecting in Your Group

Using the prompt provided, go through the process of reflection with your group. Make sure that you are considering all parts of the reflection process.

- Concrete Experience
- Reflective Observation
- Abstract Conceptualization
- Active Experimentation



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Abstract conceptualization

What did the learning experience teach you about the problem? How did you feel about the experience? What did you learn?

What did you learn from this experience?

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Abstract Conceptualization

Think about the meaning of the experience.

- What did you learn?
- How did you feel?
- What did you do?
- What did you think?

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Reflection is...

Asks you to think about your own thinking.

"Reflection records a “student’s process of thinking about what she or he is doing while in the process of that doing” (Smith and Yancey 170).

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What You are Reflecting On

- Experiences at Service Organization
- Service
- JMU Community
- Larger whole
- ??

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Concerte

Example:

In my first visit to the nursing home, I was assigned to work with Nurse *Melanie*. *Melanie* and I went into each patient's room and checked their vitals. After checking several patients vitals, I left *Melanie* and was able to go visit with some of the residents.

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Abstract conceptualization

Think about the following:

- Discussion
- Course readings
- Literature Circles
- Lectures
- Reflection Sessions



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Example

In Rodriguez's short story, he tells of a boy that grows up in the United States. One day while at school, he refuses to stand up and salute the American flag during the playing of the national anthem because although he was born in the United States, he identifies to be part of the Puerto Rican community (where his parents are from). I can empathize with the boy in the story because while volunteering and in an unfamiliar environment, I tend to only interact only with other JMU students. I recognize that this could be detrimental to my time volunteering because I am not stepping outside of my comfort zone.

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