

Reflection

A critical piece to experiential learning is **reflection**. Throughout the assignment, employees will be asked to reflect on their experience and how they will continue to apply what they learned in their workplace. This should occur during ongoing dialog with the manager. Once the assignment is complete, employees are encouraged to share their thoughts with their current manager and/or host manager.

Describe your experience:

What specifically have you done?

What actions have you taken?

What are you noticing or feeling about the experience?

Share specific results that were achieved.

What happened as a result of your experience, reflection and learning?

How are you different?



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What strengths are you able to identify that you used during your experience? Provide a specific example of each strength.

What factors motivated you during this time?

How do you intend to apply what you learned?

Describe a project you worked on. Provide the steps you went through to start and finish the project. What were the results? If you could do it over what would you do differently?

Identify short-term goals related to your experiential learning opportunity. What do you hope to do in the next 3-6 months?

What are your long term goals related to your experiential learning opportunity? How does this program align with your goals for the next year?

Additional Comments: