

# Reflection Questions for Experiential Learning Activities

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## Share

- What did you do?
- What did your group do when . . . ?
- What did you see? Feel? Hear? Taste?
- What did you do? Where did you go? What was your goal for this activity when you began?
- Tell me about your most/least favorite things about working on your this activity.
- What did you learn while doing this activity? How did you feel?
- What was easiest? What surprised you?
- What did you learn about yourself?

## Process

- What did you learn about (life skill or activity subject matter) through this activity?
- Why is the life skill you practiced important?
- What did you learn about yourself by doing this activity? How did others help you?
- How did you make your decisions? What steps did you take?
- What made this a good activity?
- What were some of the common themes or thoughts you had?
- What problems came up over and over? How did you handle them?
- What would you do if \_\_\_\_\_?
- What was the most challenging part of your activity? Why? How did you solve it?
- What did you learn from this activity that you didn't know before?
- What suggestions would you have for someone else who wanted to do a similar activity?
- Why does it matter (to you or anyone else) that you did this activity?
- What new questions do you have about yourself and others?

## **Generalize**

- What key points have you learned?
- Have you had similar experiences related to this project/activity?
- Where have you faced similar challenges in your life?
- Where might this situation occur in the future?
- Discuss another time when you had fun and learned new things at the same time.
- Why is it important to have plenty of information before making decisions?
- What did you learn about your own skill in communicating with others?
- What advice would you give to someone who wants to do this activity?

## **Apply**

- How does what you learned relate to other parts of your life?
- How can you use what you learned?
- How can you apply (the life skill you practiced) in the future?
- Why was this project/activity important to you?
- Are there any things you learned that you can use in real-life situations?
- How can you use these skills in different situations?
- How will you act differently as a result of this activity?

## **Sources:**

University of Arkansas Division of Agriculture Cooperative Extension Service “Experiential Learning in 4-H Project Experiences”

<http://www.uaex.edu/publications/PDF/4hcj4.pdf>

Iowa State University Extension and Outreach

“Experiential Learning Process Questions”

<http://www.extension.iastate.edu/4h/sites/www.extension.iastate.edu/files/4h/4hvolunteers/4H-4013J%20Experiential%20Learning%20Model.pdf>

Adapted from Sources by Brianna Stapleton-Welch, Washington County 4-H Youth Development Educator,  
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