



Reflecting on Learning

When youth participate in and lead activities that allow them to learn something new, think about what they did, share their experiences with others, and consider how what they learned could be applied when they do a similar activity – or a completely different activity, youth have the opportunity to improve their actions and plans for future projects!

Reflection is important, and it requires us to ask questions of young people. Consider these to get started:

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 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: Iowa State University Extension and Outreach “Experiential Learning Process Questions” https://www.extension.iastate.edu/4h/files/page/files/experiential_learning_model.pdf

University of Arkansas Division of Agriculture Cooperative Extension Service “Experiential Learning in 4-H Project Experiences” https://www.atchison.k-state.edu/4-h/4_h_documents/experiential_learning_in_4-H_project_experiences.pdf

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