

REFLECTION GUIDE

Day 1

Today's Theme:

WELLNESS

Question of the Day: How have you grown this year in mind, body and spirit?

Probing Questions: In what areas did you grow or improve yourself this year? How have you celebrated your accomplishments? In what areas would you like to improve in the future? What actions or attitudes have kept you from achieving your wellness goals this year? What separates you from reaching your full potential? How has what you have learned in the area of wellness changed you? How has your learning in this area interrelated with learning in other areas?

Day 2

Today's Theme:

LEADERSHIP

Question of the Day: How did you lead others?

Probing Questions: When did you feel like you were a leader this year? Can you think of a time in which you were a leader in class? What new skills did you gain from your work in co-curricular programs? What did you learn from this leadership? What have you learned in the past year about your own leadership style? What have you accomplished as a leader? What would those whom you have led say about your abilities as a leader? In what ways would you like to improve as a leader? How does your learning in this area interrelate with learning in other areas?

Day 3

Today's Theme:

SERVICE

Question of the Day: How did you make a difference with what you have learned?

Probing Questions: Whom did you serve this year? What causes or issues did you discover this year that made you want to do something about it? How much time did you devote to others in need? What do you believe the impact of this time was? How would SFA and its surrounding community be different if you had done nothing? Do you believe there was a global impact of your local service to others? How does your learning in this area interrelate with learning in other areas?

Day 4

Today's Theme:

DIVERSITY

Question of the Day: What have you learned about yourself and others this year?

Probing Questions: What have you learned about your personal history and culture this year? In what ways do you better understand the cultures of others? How have you been exposed to new ideas, new cultures and new people? What differences in others do you find it most difficult to accept? Who do you perceive to be "your community?" How has this changed? Where do you belong? What does diversity mean to you? How has your personal definition of diversity changed? How does your learning in this area interrelate with your learning in other areas?

Day 5

Today's Theme:

SCHOLARSHIP

Question of the Day: How has what you've learned this year changed you?

Probing Questions: What did you learn year in classes this year? Did something you learned explain or clarify something you did not previously understand? What professors really inspired you? What did you learn through co-curricular programs? Can you think of a time where your work in an activity or organization related to something you learned in class? How has what you have learned this year prepared you for a career or for graduate study? How will what you have learned this year impact your future? How does your learning in this area interrelate with learning in other areas?