

Reflection paper on Service Experience

"Experience is not what happens to a man; it is what a man does with what happened to him."
Aldous Huxley

For each of your service experiences and meetings with your sponsor you are asked to write a reflection on the experience.

A reflection is more than the activity that took place. It is the knowledge you have of the activity before you go, the attitude you have during the activity, and the time you take to process the experience afterwards.

Here are two examples of the same experience.

Today I got to the nursing home at 2:00. Talked to some ladies. Passed out popcorn at the movie. Went home at 4:00.

What was this girl doing with the experience? She was surrounded by human drama. On every side were loneliness, love, struggle, joy, death, dignity, injustice and concern. There were people with wisdom she could draw upon, and with pains she could ease. There were more than a dozen health-related careers to observe.

She missed it all... or did she?

I went to the nursing home today.
I usually don't feel like going but once I'm there I like it. Most everyone makes me feel like I'm doing something great just by wheeling them down the hall and passing out popcorn and starting the movie. It does make me feel good but it kind of makes me think about how it will be when I'm old. Will someone wheel me around and get me popcorn? There's one lady there that is always smiling, has her hair and nails done and is always telling everyone what a wonderful day it is. She's really cool. I hope that I can always be happy like her.

Now she is taking the experience, applying it to her life and really learning from it!

Guidelines for Service Reflection

1. Briefly describe the kind of service you performed. What were your responsibilities? Were you able to share your personal gifts/talents in your service? How?
2. What did you learn about yourself through this experience?
3. What did you learn about others (those that you served)?
4. Were there strengths or weaknesses that this experience brought out in you?

You may use the questions above as an outline. Reflection should contain full sentences. If you think you didn't learn anything then you haven't reflected enough.