



Reflection Cover Sheet & Prompts

Reflection is an integral part of experiential learning through which one transforms experiences and thoughts concerning the meaning and implications of the experiences into new knowledge and skills (Kolb, 1984). Reflection has been shown to improve one's future performance and boost productivity and effectiveness because understandings gained through the experience are solidified when reflecting and are subsequently more easily applied to new situations.

Part 1: Begin your reflection by providing the specific information requested below about your Experiential Learning experience. If the experience is part of a specific course, you may ask your instructor for clarification, if needed. If it is not part of a course, you may contact someone in the Office of Bulldog Experience by calling 662-325-0831 or by emailing BulldogExperience@qep.msstate.edu for further assistance.

Students' Name: _____

Student's Net ID: _____

Semester and year during which the engagement was completed: _____

Type of Experience (circle all that apply):

- | | |
|--|--|
| <input type="checkbox"/> FYE/EXL | <input type="checkbox"/> Study Away/Study Abroad |
| <input type="checkbox"/> Internship/Co-op | <input type="checkbox"/> Undergraduate Research |
| <input type="checkbox"/> Capstone Course Project | <input type="checkbox"/> Student Competitions |
| <input type="checkbox"/> Service Learning/Community-Based Learning | |
| <input type="checkbox"/> Service through Maroon Volunteer Center | |
| <input type="checkbox"/> Student Leadership (Student Organizations, Greek Life, Residential Life, Other) | |
| <input type="checkbox"/> Athletic Teams/Spirit Groups/Music Ensembles/Other Performing Arts | |
| <input type="checkbox"/> Student Employment (On or Off Campus) | |
| <input type="checkbox"/> Other Experience: _____ | |

Name or Title of Experience: _____

If Experience was part of a course, Course Prefix and Number: _____

Number of Hours Spent in the Experience: _____

Part 2: Think critically about the experience described in Part 1 and respond to the prompts below in the order presented. Start each response by restating the prompt; i.e. for the second prompt, you should start with something like “The prior knowledge and skills that I used during the experience...”. You will be able to provide your responses by either submitting a word document file or some other media format (like a video or audio file). Regardless of the format, your file should contain the Part 1 information above and responses to the prompts below. Use the explanations following each prompt to assist you in constructing your response.

1. Describe the experience by explaining “what, where, when, who, why and how”.

What was involved in the experience? Where did the experience take place? When did you complete the experience (use specific dates and time frames)? Who provided or sponsored the experience? Why did you complete the experience? How did you complete the experience?

2. What knowledge and skills previously acquired through in-class and out-of-class experiences did you use during the experience?

State specific knowledge and specific skills separately. For Bulldog Experience “in-class” means the Experiential Learning experience was a required part of a class but may have occurred outside of a classroom; for example, completing a required service project. For Bulldog Experience “out-of-class” means the experience was not part of a class; for example, attending and engaging in the International Fiesta.

3. Explain what you learned during the experience and how it aligns with your academic program of study.

Be sure to identify specific courses you have taken as part of your academic program of study (degree program) when aligning with what you learned during the experience. Be as specific as you can in stating what you learned. Make as many connections between what you learned about previous courses taken as part of your program of study (degree program).

4. In what ways was the experience meaningful and beneficial to you?

When describing how the experience was meaningful, explain how it was valuable to you, the organization responsible for providing the experience or how it had value for the greater good of society. When describing how the experience was beneficial, explain how it was purposeful or helpful to you in building new knowledge and skills.

5. What did you learn during the experience that will be helpful to you in your future?

Be as specific as you can and include as many different things that you learned as you can. Explain how each thing that you learned will be helpful to you in the future.