

Official (Closed), Sensitive (Normal)

3 'Es' Stages	<i>Feel free to write down your reflection below... you may use the guided questions under each stage to help you... (Pls also include a picture if you managed to take a shot of the activity)</i>
EXPLORE (experiences...) WHAT? Observations <ul style="list-style-type: none">• What is one highlight from the event/activities?• Describe the experience?	We all sat together with the caregivers and their family and breakfast with them all while striking conversation with them to get to know them better. We also got to hear more about their situations and dreams which makes me really appreciate what I have. It also made me feel for them even more, having to hear their struggles.
EXAMINE (beliefs, values, attitudes, assumptions ...) SO WHAT? Insights <ul style="list-style-type: none">• Why it stands out to you?• How it impacted you?	This event stood out to me as it was the first time I have done a volunteering event like this. It really widens my perspective about how difficult it is for caregivers. This has motivated me to try and volunteer more for such events so that I can provide more assistance to not only them but other people who might need help as well.

EXPRESS

EXPRESS (thoughts,
feelings, insights...)

NOW WHAT? Implications

- How would you want to do something about it?
- What did you learn?
- How did you learn it?
- Why does it matter? •
What will you do now?

I would love to volunteer more to help more people. I learn that there are many people that are less fortunate than us that require help and that we can provide the help they need. I also realized that they all have dreams that they want to achieve after hearing all the caregivers talk about their dreams, for example, to see their child be more independent. This matters as by having a dream, it allows you to have something to work towards, which can motivate you to keep going.

SERVICE-LEARNING

REFLECTION TEMPLATE

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