

# SERVICE-LEARNING

## REFLECTION TEMPLATE

Written by \_\_\_\_\_ (name)

Admin No: \_\_\_\_\_

<b>3 'Es' Stages</b>	<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>
<b>EXPLORE (experiences...)</b> <b>WHAT? Observations</b> <ul style="list-style-type: none"> <li>• What is one highlight from the event/activities?</li> <li>• Describe the experience?</li> </ul>	
<b>EXAMINE (beliefs, values, attitudes, assumptions ...)</b> <b>SO WHAT? Insights</b> <ul style="list-style-type: none"> <li>• Why it stands out to you?</li> <li>• How it impacted you?</li> </ul>	
<b>EXPRESS (thoughts, feelings, insights...)</b> <b>NOW WHAT? Implications</b> <ul style="list-style-type: none"> <li>• How would you want to do something about it?</li> <li>• What did you learn?</li> <li>• How did you learn it?</li> <li>• Why does it matter?</li> <li>• What will you do now?</li> </ul>	