

## Expressive Writing

### *What have we learned?*

Here is a fun project that we can work on together. This is a great way to reflect on your learning and to reinforce it. The more thought you put into it the better the learning will stick with you. I invite you to write about your transformation and what you have learned throughout this time.

This is something that I did. I made sure that I focused on the positive especially in the end. This really helped myself believe in the progress I made.

First, let's brainstorm some ideas, so that you give a sense of direction before you get started on the creative part.

**Explain briefly what brought you here:**

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**What have you taken away from this experience:**

- 1) 

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- 2) 

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- 3) 

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**What is your hope for the future?**

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Now, here comes the fun part. The best piece I would have for you reflective writing is to write from your heart. This is advice that my friend, who loves to write poems, gave me. This really

helped because it was easier to express what I meant when it came from emotion. Also, I would suggest having fun with it!

**Here are powerful suggestion on how you could structure this:**

In whatever form or structure you would like,

- 1) Talk about what brought you here
- 2) Talk about what you learned
- 3) Talk about your future aspirations

## Let's Write:

[illegible]

