

Challenge Course Experience Reflection Assignment (20 points)

Think about your experiences in the Challenge Course Experience class. Consider issues related to group dynamics, trust, communication, leadership and how you and your peers have developed in these areas.

Answer the following questions. Your responses will be graded for overall completeness. The final document should be approximately 1100-1500 words. Remember to check spelling and grammar!

Part 1 (4 points)

What were your expectations coming into this class?

My very first expectations before coming to this class were based off the idea that it's just another course-like opportunity for me to learn new skills physically and also experiencing and having fun out on the challenge course, which I didn't really know much about to begin with. I had no idea what to expect, but I took this class to continue my great interest in taking ALI-related courses here on campus, because I always find myself enjoying these courses from the beginning to the end.

Describe in a few sentences your overall experience in this class.

I really had a great time in this class... I'm going to miss going to this class every week. One main thing that I am very grateful for about taking this class is that it was an amazing stress-reliever for me during the week. Initially I wasn't thinking that it will be when I first signed up for this class, but I'm very thankful it was. Also I really, really enjoyed the playing aspect of this class.

What part was the most fun or memorable?

Honestly, the most memorable part for me of this class are all the moments when I was truly enjoying myself and having a playful time surrounded by others who are also enjoying themselves, when I also find myself smiling because those are the times that I found myself truly happy and worried-free; which includes many of the activities we did during this course. How I felt overall in any experience is what I really do remember with many things, and also of course, the people I spent that time with. It's always a good time when you're having fun with others! Who of course are also having fun. ☺ For a good while, I will also remember the people I met and took this class with. I felt like we were a good group of people overall, and I will remember most of them and who they are, even though honestly, I may also find myself remembering more than others... But that's okay.

Part 2 (4 points)

*Which activity from this class can you relate best to the topic of **communication**?*

It may not have been a big activity, but the one when everyone got a card and we had to sort the cards in an unknown order, would be an activity that I would say relates best to the topic of communication.

Describe it. How does it illustrate communication?

Without any communication, sorting those cards correctly would have been nearly impossible in a tolerable amount of time for most people. That activity was all about communication and providing all of variety of ideas people had to offer in order to find the correct solution, since they are an infinite amounts of ways and thinking to go about that activity.

Why is this experience important to you?

This experience is actually not that important to me, but it is a good representation of communication that I remember in my opinion. Oh! And I remember that my card had the words “To Tango” on it, which I sort of was happy about because one activity that I like to do on my free time, and randomly, is to dance, and the ballroom classes that I have taken so far here at OSU, I also really enjoyed taking. Honestly, I really liked all the PAC classes that I have taken so far.

Why is this insight about communication important?

Communication is important, because not only does it greatly clarifies a situation easily, which can be very worth it overall, but it also provides a greater connection with who is/are involved in the communication process. That can either be good or bad, but usually it’s a good thing. ☺

Part 3 (4 points)

*What component/activity of this class can you relate best to the topic of **leadership**?*

I would say that the activity that best relates to the topic leadership of this class, would have to be the one with the parachute with the holes cut into it and the balls that we had to maneuver around the holes without having the balls fall through them.

Describe it. How does it illustrate leadership?

The activity kind of presented the sense and opportunity for everyone participating to have the chance to be a leader and take part in the activity in order to have the whole group be successful with the given challenge. Everyone had their given spots along the parachute, and each person was highly valuable in order to complete the task at hand. Given each person’s set location, at some point during the activity, each person had to take charge and in a sense make the executive decision

on what to do and what happens along the parachute for the balls, which I suppose, ideally describes my idea to be the best representation of leadership that I currently remember.

Why is this experience important to you?

Again, this experience was not that important to me, but it was the activity that I would say had to be the representation of leadership that I can remember. And I guess it also allowed everyone to easily involve and really needed everyone's individual input throughout the entirety of the activity. And it was a fun one too.

Why is this insight about leadership important?

Leadership is important it gets things done, and also for some cases, just in daily life, executive decisions should/have to be made for things to get done and/or move things forward easily and quickly, especially when things can be at a stand-still and not much progress hasn't been made.

Part 4 (4 points)

*What component/activity of this class can you relate best to the topic of **problem solving**?*

There are actually a few activities that come to mind that best relate to the topic of problem solving. But the one I'm going to go with is the Mountain Tops one, because it took the longest I believe and had more components to it, like say versus the All Aboard activity (my second choice).

Describe it. How does it illustrate problem solving?

Along with the number of components involved (boards and pallet-box things), there was also a good amount of thinking involved with the activity. We had to use what was given to us to complete the task of getting everyone across the boards and pallet-box things and having everyone all on the other side at once. That activity surely involved the aspects of brain storming, planning, testing, and involving prior knowledge in order to reach a solution, which are key aspects when it comes to problem solving.

Why is this experience important to you?

I suppose this experience is somewhat important to me because it really involved a lot of thinking, and patience, in the pouring rain, on a Sunday afternoon, of Halloween weekend, that was also the day after Oregon State University's homecoming football game/weekend... It was an experience that I remember; but it wasn't entirely a bad thing!

Why is this insight about problem solving important?

Through an engineer's point of view, problem solving is important because it's an efficient way to complete the task/issue at hand. It (well hopefully) leads you to some sort of solution at the end, which is key when it comes to solving a problem. Plus you can also gain and/or enhance valuable skills as you solve a problem, which I guess also goes for communication and leadership (that have been mentioned previously).

Part 5 (4 points)

What is the single most important lesson you gained from this class? Describe it.

The single most important lesson that I have gained from this class is that it is very important to have fun regularly (the concept of play), and pretty much incorporating and just having fun in your daily life. As a third-year college student here at Oregon State University, I have actually never been greatly exposed to the importance of having a good time, and that idea will truly stick with me. I already do things that make me happy and involve the aspect of having fun, but now I further understand the greatness of it, and will embrace it more. Because being and staying happy is important to me, and it's wonderful to be surrounded by people who are too. Being hurt, in pain, sad, and stressed are not the most pleasant feelings and emotions to go through, and I do have a great experience with these in the past and off-and-on currently, and I know I'll have to continue to live with them in the future, just a part of being human.

In what ways might you apply your experiences in CCE to other areas of your life?

Staying active and to remember to enjoy myself in what I do would be one way that I would apply my experiences of this class to other areas of my life. Honestly, concepts such as team work, leadership, communication, and problem solving that were involved in my experiences, I already use and apply to my life even before taking this class. Oh, and also really paying close attention to the various ways and ideas others are thinking, and what is going through their minds and understanding that, and also taking it into consideration during the situation at hand, because that can be very vital and sensitive when it comes to working with others and/or observing and facilitating a group of people.

Overall though, I will not forget what I have gone through during my time by taking this Challenge Course Experience course. I had an amazing time as I applied more of the concepts of vacationer and learner with the new experiences and new concepts/ways of thinking it had to offer throughout these weeks of rain and (some) shine. ☺