Reflective Strategies Sheet to Supplement Volunteering Experiences

Description of your voluntary experience:
(context of your experience)
i) Who else was present?
ii) What setting were you in?
iii) What were you helping with?

Feelings and thoughts about your experience:
(self awareness)
i) How did you feel?
ii) How did the others around you feel, did you make a meaningful contribution?
iii) How did you feel about the outcome of your experience? Did you gain useful knowledge/experience?

Evaluation of your experience:
(consider your judgements)
i) What went well? What have you learned from your experience?
ii) Did you encounter any situations where things went wrong?
iii) What are the positives and negatives from your experience?

Analysis:
Break down your experience as a volunteer and explore these parts separately.
i) What can you infer from your positive and negative experiences encountered?
ii) How did you manage with situations when things went wrong?
iii) Did you utilise problem solving skills, if so how? Give details of a situation.

Conclusion:
What could you have done differently in negative situations or with problems you encountered?
How could you solve these in a more efficient manner?

Future Action Plan:
Consider if you would do things differently if you encountered these situations again, would you act differently or utilise the same method of problem solving?