

# What Should Reflection Look Like?

Since the reflection group will have a variety of learning/processing styles, we should also have a variety of reflection styles.

## a. Discussions

A great reflection style for talkers, listeners, and people oriented learners: Don't be alarmed if everyone in the group doesn't seem to be participating, some may just be processing the reflection by listening and not speaking. People oriented learners will enjoy hearing from others as well.

## b. Journaling

A reflection style for quiet processors, organized processors, logical processors, and creative processors. This is a great time for quiet processors to sit back and absorb their new experiences. Organized learners can take time to organize their thoughts on paper (organized learners love bullets and notes). A logical learner can take time to write the facts of the event and from there discover a meaning. Creative learners can take the time to write poetry and stories based on their new experiences.

## c. Prayer/Meditation

An excellent reflection style for people oriented learners and quiet learners. This gives the people oriented learners time to reflect on the people they have help through service and take time to pray for them. Quiet processors again can take time in a quiet space to reflect and pray.

## d. Group drawings/murals

This is a reflection style for creative learners, visual learners, verbal processors, and people oriented learners and learn by doing processors. This will cover many learning styles with a group setting. Before creating a mural the group will often reflect on what each member found important which will help people oriented learners. Creative learners will love the free rein involved in creating a mural, and visual learners will love the end result. Learn by doing processors will have the chance to make reflection hands on and verbal processors will have the chance to verbally express their ideas for a mural.

## e. Design your own

Try to combine different styles of reflection in order to accommodate as many learning styles as possible. Ask yourself who will be affected most by this reflection style and always remember everyone has a different learning style.