



# Reflection Guide

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## Week 1: Identify Service Goals

*Reflect on the goals of your service, both specifically for the project you are working on as well as generally as a volunteer and member of We CU. This reflection will help you create a cohesive narrative about what you hope to gain by participating in We CU.*

### **Personal Goals**

- Why am I participating in We CU?
  
  
  
  
  
  
  
  
  
  
- How many opportunities and/or hours do I hope to complete over the course of the semester?
  
  
  
  
  
  
  
  
  
  
- What skills do I hope to grow by completing this project?
  
  
  
  
  
  
  
  
  
  
- What causes or populations am I passionate about serving?
  
  
  
  
  
  
  
  
  
  
- What is service to me?
  
  
  
  
  
  
  
  
  
  
- How would I like to develop a greater understanding of service?
  
  
  
  
  
  
  
  
  
  
- Why does service matter to me?
  
  
  
  
  
  
  
  
  
  
- How will I know if I have met my service goals this semester?

## Week 2: Identify Project-Specific Goals

*Reflect on the goals of your service for the project(s) you are working on to identify both your goals and the goals of the community partner. This will help keep you accountable to your community partner throughout the semester.*

### **Project Goals**

- Who is/are my community partner(s)?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What is the project I am working on?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- Who is the population my community partner and I are serving?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What is the community partner asking me to do?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What are the deliverables of this project?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What is the timeline for completing this project?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What skills will this project utilize?

### Week 3: Reflective Journaling

*One of the differences between service and volunteering is that service not only serves the community but also the volunteer themselves.*

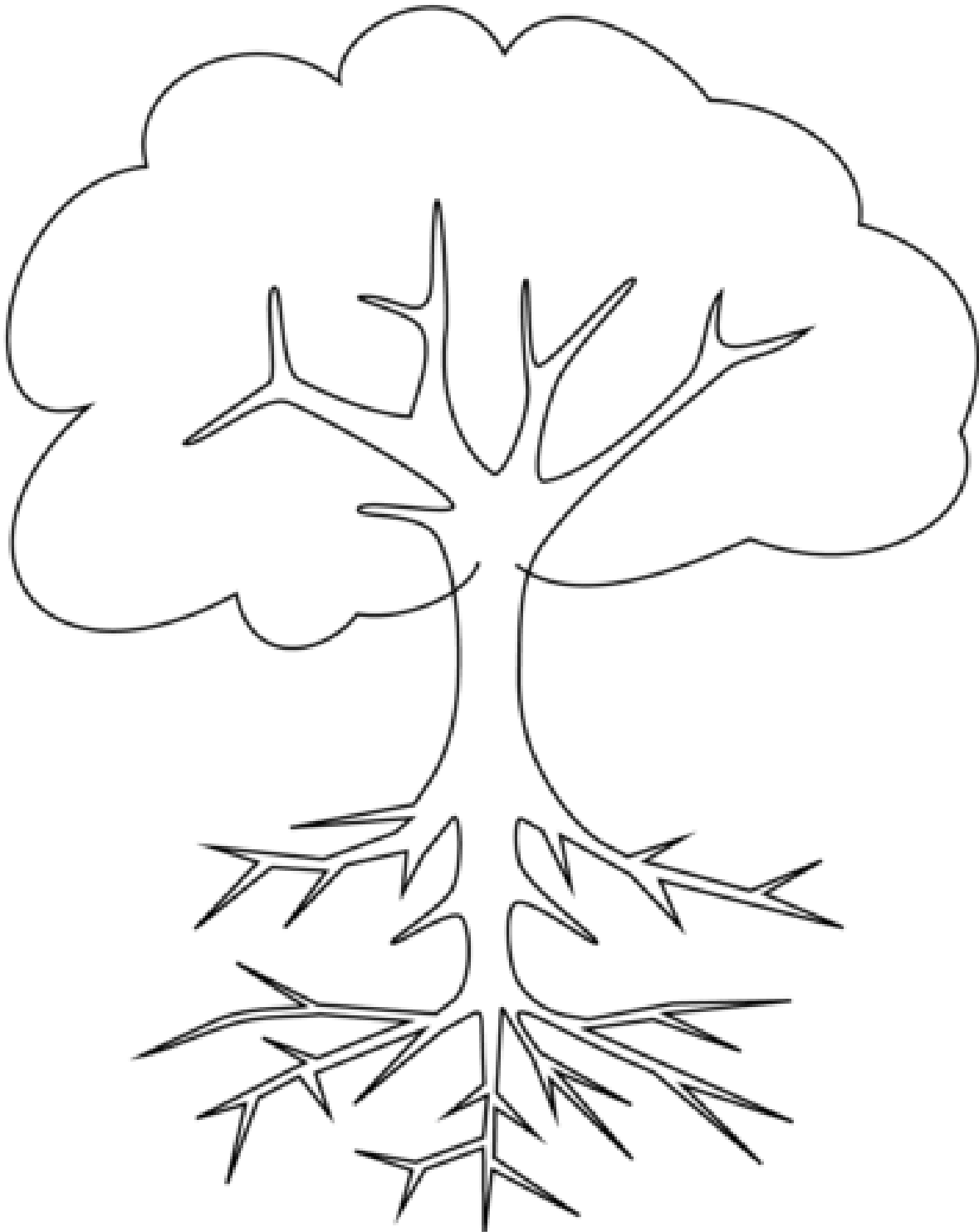
*“I believe that serving and being served are reciprocal and that one cannot really be one without the other.” –Robert Greenleaf, educator and writer*

- Consider this quote as you think about the ways in which you are growing in the process of serving your community.
- How do you interpret the notion of serving and being served as “reciprocal”?

## Week 4: Reflection Tree

*Fill out this tree:*

- *Roots are values, people, beliefs that influence you.*
- *The bark is the different issues you care about and things you are working towards.*
- *Branches are the steps you must take to act on these issues.*



## Week 5: Who, What, and Why

*As you enter the halfway point of the program, remind yourself of the core components of your service. Identify the who, what, and why of your service project with your community partner.*

➤ Who?

*Who is your community partner and who is the population you are serving?*

➤ What?

*What is the project you are working on? What are you doing?*

➤ Why?

*Why is there a need for the services your community partner provides? Why is there a need for your help on these projects?*

## Week 6: Self-Awareness Reflection

*Consider reflecting on your own assumptions and beliefs as you are engaging in service with your community partner(s).*

- What has surprised you?
  
  
  
  
  
  
  
  
  
  
  
- What assumptions of your own, perhaps ones you didn't know you had, have you become aware of?
  
  
  
  
  
  
  
  
  
  
  
- How has your experience reinforced or challenges those assumptions or beliefs?
  
  
  
  
  
  
  
  
  
  
  
- What skills of yours, perhaps ones you didn't realize you had, have been an asset in the community?



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## Week 7: Consider the knowledge you have, how you understand it, and how you can apply it

- What do I know?  
*“Facts” about the site and its programs, the larger social issues, data, the who/what/where/when...*
  
- What do I understand?  
*Why does community address issues in the way they do? Compare/contrast, summarize, explain*
  
- How can I use this knowledge?  
*How does this issue impact my life? How does my life impact this issue? How will I concretely use what I have learned?*

## Week 8: Community-Focused Reflection

*Now that you have been working with your community partner for several weeks, revisit your existing knowledge about your community partner, the population they serve, and the issues facing the community.*

### **Issue-focused questions:**

- Why is there a need for your service?
  
- What do you perceive as the underlying issue, and why does it exist?
  
- What social, economic, political, and educational systems are maintaining and perpetuating the situation?
  
- What can you do with the knowledge you gained from this experience to promote change?

### **Client-focused reflection questions:**

- What similarities do you perceive between you and the people you are serving?
  
- How are you perceived by the people you are serving?
  
- What do you think a typical day is like for the people you serve?
  
- What pressures do they confront?

## Week 9: Self-Focused Reflection

*As you come to the end of your service this semester, take time to reflect on your skills and contribution to the community.*

- What personal qualities (e.g. leadership, communication skills, empathy etc.) have you developed through service?
  
- What contribution can you make to public understanding of this issue based on your service experience?
  
- In what ways are you finding your involvement with service-learning difficult?
  
- What have you found that is helping you follow through despite the difficulties you encounter?

## Week 10: Final Reflection on Service

*As you come to the end of your service this semester, take time to reflect on your skills and contribution to the community. Review your personal and project goals from the beginning of the semester.*

- Why did I register to participate in the We CU program this semester?
  
- What kind of service did I foresee participating in?
  
- In what ways did I expect to grow?
  
- What kind of service did I participate in? Did I meet the goals of my project(s)?
  
- What skills have I developed over the course of this program?
  
- How did I use my existing skills to serve my community?

## Bonus: Career, Personal, Identity, Leadership, and Social Change

*Utilize these final reflection questions to help link your service experience to broader areas of growth.*

- How does this service experience shape my career goals?  
*Examining the role of community in careers. How do these skills transfer to a profession?*
  
- How am I changing as a person?  
*Exploring how I am different after this experience. How are my relationships different?*
  
- How am I becoming clearer about who I am?  
*How have I become more aware of my values, perspectives, cultural identities...?*
  
- How can I make a difference?  
*What leadership skills have I learned and developed?*
  
- How can I affect change?  
*What knowledge and tools do I now have to contribute to change?*

## Acknowledgments

We CU would like to thank Erin Budesheim for creating this Reflection Guide and for helping us to make reflection a key component of the We CU Community Engaged Scholars program. Reflection helps us to learn and derive greater meaning from our experiences. When we reflect on our service experience, we grow both individually and in our roles in society.

Erin served as a program coordinator and then as We CU's student training and support coordinator from the program's launch in May 2020 until August 2022 when she stepped down to focus on finishing her doctoral degree in counseling psychology. [Learn more about Erin.](#)



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