

Have I had any new ideas from this experience?

Which ideas stand out as being most important to me?

How do these ideas relate to other ideas I know about?

How can I use these ideas in my work?

How did I react to the discussion in these activities?

How did I relate (positively and negatively) to other people in the activity? What might have caused me to relate in that way?

When during the activity did I feel my interest rising? Declining? What might have caused these shifts in my interest?

What was it about the experience that made it easy for me to learn? What made it difficult? What does that say about how I prefer to learn?

What do I plan to do as a result of what I have learned from this experience?