

Personal Reflection Journal Entry

Part 4 - Relationship Building

Personal reflection is a crucial component of civic engagement work. The practice of reflection means taking time to intentionally consider information you have gathered and/or experiences you are having in light of particular learning objectives. Through reflection, you have the opportunity to explore subject matter; ask questions; examine and question your beliefs, opinions, and values; make observations, and put facts, ideas and experiences together to derive new meaning and knowledge.

Reflection before civic engagement activities (as we are doing in this first-year curriculum) can be helpful in anticipating what your service experiences will be like and what assumptions you are bringing into certain situations. Reflection during and after civic engagement experiences (as you will do in your subsequent years in Puksta) can be helpful in understanding the actual outcome of your work in relation to the goals of the communities you are working with as well as the Puksta program.

During your first year in Puksta, you are required to keep a personal reflection journal. This journal can be a physical journal or a document online, it is up to you. Although we encourage you to make regular entries in this journal as your year progresses, we will only ask you to turn in four entries. Each entry is due the day before our intercollegiate virtual meeting and will have specific journaling prompts that correlate with the readings/videos you've been engaging with for that section of the curriculum. The four journal entries you submit to your coordinator should be a minimum of 1-2 pages in length.

Prompts for Personal Reflection Journal Entry #4

1. Describe your experience of engaging in your two one-to-one relational meetings. What aspects of this assignment were the most rewarding? What aspects were most challenging? What surprised you? What advice would you give to the first-year scholars next year as they embark on this assignment?
2. In the Better Conversations Guide, Krista Tippet offers several insights and suggestions about how to engage in and facilitate meaningful dialogue about difficult topics. What suggestions stood out the most to you and why? What suggestions are you most likely to try and integrate into your life and how do you envision doing so?
3. In what ways (if any) has engaging in the relationship building practice of one-to-one relational meetings and writing your story of self influenced your personal community organizing philosophy?
4. Now that you have completed the First-Year Scholar Civic Knowledge Curriculum, where do you envision going from here in the Puksta program? What environmental and/or social justice issues are you most interested in addressing? What communities are you

most interested in working with? What community organizing skills do you hope to build in the coming years? What are you still hoping to learn about civic engagement?