



# THE CATHOLIC UNIVERSITY OF AMERICA

OFFICE OF CAMPUS MINISTRY  
COMMUNITY SERVICE

## Reflection Activities for Groups

*Use a method of reflection that is comfortable for you. Most of the activities can occur through small or large group discussion, simple crafts, writing, or other creative methods!*

*Keep the reflection time focused on exploring the experience in depth.*

*Allow time for reflection to happen. Unlike most of our schedules, reflection is a time for process more than tasks. It is not a goal to achieve, but a time to ponder, share, and gain deeper insight.*

### Sentence Stems

- Ask participants to finish sentences that you start, either verbally or on paper.
  - Today I hope....
  - Today I am most anxious about...
  - Today I felt...
  - Today I was surprised by...
  - Today I learned...
  - DC is...
  - Community service is...

### Compare & Contrast

- Pre-Service: Ask participants what they anticipate from the experience:
  - What do you expect to encounter?
  - How do you expect to act/interact?
  - What do you know about this issue/these people?
- Post-Service: Ask participants what they experienced, and compare this to their expectations:
  - How can service be integrated into our lives beyond this institution?
  - What surprised you about your experience?
  - Were there any stereotypes you held about this issue/these people?
  - Is there anything you would do differently in the future?

### What? So What? Now What?

- Ask participants to respond to the following questions in any format you choose.
  - Why do you think we as student leaders are asked to spend a day in service?
  - What? Describe what happened, what you saw & felt, the interactions you had.
  - So What? Did you make a difference? Why or why not? What impact did you have?
  - Now What? What more needs to be done? What will you do? Did this change you?

### Meaning of Service

- Ask participants again how they define service:
  - How is service the first step to justice? How might serving others inspire us to become involved with justice?
  - What is the most valuable type of service? The most honorable? The most necessary?
  - How can service foster a sense of community, both in our halls and with the greater DC community? Why is our involvement in the greater community important?
- Give participants a set of emotions to consider (written words, pictures of faces, etc.).





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- Ask participants to pick an emotion they experienced/are experiencing, and discuss why.

## Defining Service

- Ask participants to decide whether the following acts classify as “service” by moving to opposite ends of the room for “yes” or “no”. Engage participants in a discussion about why they feel the way they do. Come up with other examples:
  - Walking a frail person across a busy street
  - Joining the armed services
  - Providing dinner once a week at a homeless shelter
  - Talking with a friend about a problem
  - Chaining yourself to an old growth tree as loggers enter the forest
  - Donating money to a non-profit agency

## Brainstorm

- Ask participants to brainstorm ideas about how their service experience relates to broader social issues:
  - How does this service project relate to issues we hear in the news?
  - What does this agency do to change the social situation?
  - What more can be done to address this issue?
  - What are the societal issues that influence this problem?

## Concentric Circles

- Divide participants into two groups and place them into two circles (one facing out, one facing in, so there are pairs of people).
- Ask participants to respond to specific questions, giving each half of the pair two minutes.
- Ask the outside circle to rotate once to face a new partner, and continue with a new question.

## A Day in the Life

- Ask participants to imagine living a day in the life of one of the service recipients:
  - How does this compare to a day in your life?
  - What information are you missing about how this person might live?
  - Does this make you want to offer more service? Does it make you more empathetic?
  - How do you feel in these shoes?

## Questions from a Hat

- Ask participants to answer randomly chosen reflection questions.
- Encourage participants to use these questions to begin a dialogue.

