

## Reflecting on Your Experience

This exercise offers the opportunity for a fresh perspective on how it feels to reflect on experience consciously and to learn from it. It will put you in touch with some experiences you have had that can assist you in facilitating your mentee's learning.

### Your Experience

1. Working quickly, jot down bulleted responses or words that come to mind for these questions.

- What lessons have you learned from your successes?
- What dilemmas do you face daily?
- What lessons have you learned from grappling with those dilemmas?

2. Let your answers sit for a while. Later, review your answers to see if they trigger additional responses. Then complete these questions:

- What was it like to address these questions?
- How would you rate the level of difficulty?

Easy \_\_\_\_\_ Difficult

3. What did you learn about yourself in going through this exercise?

Alternatively (or in addition), you may want to ask mentees to complete this exercise and discuss what the experience of reflecting on experience was like with them. In this way, you can position the learning, saying, "Part of learning is reflecting on experience; this will give you a preview of what that is like."