## Use these questions (in any order) to effectively analyze your thoughts & articulate what was learned.

1. **How Do You Feel?** Get strong feelings off your chest in order to write objectively.

*“The experience made me frustrated; really uncomfortable because it forced me into uncharted territory. At the time, I couldn’t wait for it to end.”*

1. **What Happened?** Carefully examine - *not retell* - the events as they unfolded.

*“We were asked to list our top 5 values… Our group sped through, coming up with cliché items we didn’t really think deeply about… When pointed out, other values that we overlooked felt more accurate… We began to question how we determine/rank what is important in our lives.”*

1. **Do You Know What Was Learned?**  Propose what was gained; provide evidence to support/reject that idea; examine the outcome.

*“I think the activity made me reassess my values. Ever since, I’ve been pondering what I hold dear. I now am more aware of what I believe to be most important in my world.”*

1. **How Does This Relate?** (to you; the class; the workplace, to home, etc.) Connect what happened to something else; something more common.

*“Pushing myself to speak to our guides in Spanish, even though I felt inadequate, is similar to how I will have to push myself at Purdue to be more of an active-learner in class discussions and activities. I can easily connect this event to my future.”*

1. **What If…?** Apply your insight by imagining a scenario within your experience. Speculate what would have been different.

*“If I would have been more direct in questioning my host-mother, instead of allowing my host-father (the Man of the House) to always answer for her, I would have challenged this cultural difference. It could have been awkward, but interesting!”*

1. **So, Now What?** How will future behaviors change as a result of insights gained from the experience?

*“Now that I am more aware of how many Latin Americans view the concept of time, I will be more flexible and understanding when working with them.”*