Carolina Excellence Reflection Tools

Connect
- Did you learn a new skill or clarify an interest? If so, describe.
- What is your main take away from this experience?
- How can you apply this learning?

Discover
- What values, opinions, beliefs have changed as a result of participating in this program?
- What have you learned about yourself as a result of participating in this program?
- How is your experience different from what you expected?
- Has this experience affected your worldview? If so, how?
- How can you apply this learning to your broader community?

Transform
- What was the most important lesson learned you learned as a result of this experience?
- How can you apply this learning to your broader community?
- Identify three areas where you feel you could have use additional guidance and learning in order to make the most of the experience.
- Identify three strengths you demonstrated.
- How are your values expressed through this experience?
- Has this experience affected your worldview? If so, how?
- Complete this sentence: Because of this experience, I am....