Figure 2. Student Experiential Reflection Journal

Circle divided into four sections:

Upper left: What individual values did you observe?
Upper right: What societal values did you observe?
Bottom left: What group values did you observe?
Bottom right: What did you learn about yourself?

From each section an arrow projects out, pointing to a box titled “reflections”.

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**Reflections**

**YNL Program:**
Experiential Reflection Journal

- What individual values did you observe?
- What societal values did you observe?
- What group values did you observe?
- What did you learn about yourself?

**Strategies that Enable Change**

**NAME:**

**Reflections**

**Reflections**

**Reflections**

**Reflections**

**Individual Values:** Consciousness of self, affirming values, renewing, and envisioning goals

**Societal Values:** Motivating, representing the group externally, and serving as a symbol

**Group Values:** Abilities to manage, explain, and achieve unity

**Self:** What will you do similarly or differently in the future?