



# REFLECTION JOURNAL

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## TURNING IT AROUND

The purpose of this journal is to help you reflect on the experience you have had and to process through what you have learned from that experience. The journal also helps us identify what additional guidance might be helpful to you.

Answer the questions below on a separate sheet of paper. The journal should include your name, the type of incident you were involved in, the date, and should be typed.

### REFLECTION (What happened)

What actions on your part have brought you to this point? How did it impact, or could it have impacted, others?

### COMPREHENSION (What have I learned)

What would you do differently next time? How could someone have helped you?

### ACCOUNTABILITY (What could have helped)

What could The University do to help make students more aware of University policies?

### ACTION (What could I change)

How will you live out what you have learned from this experience?

### SHARING (What about my peers)

What would you tell other students about your experience that might be of help to them?