

Meaning Making from Experience

Select an experience that you believe holds potential for demonstrating competence. Take a moment to visualize your experience. Now address the questions below:

1. What have you observed about your learning?
[e.g.: *I have come to realize that I learn best through active participation; or reflection; or ...*]
2. As you think about your experience and the learning that resulted, how have you changed?
3. What did you think, and/or how did you behave that suggested to you that you learned something?
4. How do you know that you have learned (did you increase your knowledge, or apply that knowledge to a specific area? Did you reach a higher understanding, see something in a different way, or change as a person because of your learning?)
5. What other areas of your life been affected by your learning, and to what degree?