



## Experiential Learning Reflection

**I.) Cognitive Reflection:** Examine the knowledge, skills, and values acquired or clarified from your experience.

A) Identify new/enhanced knowledge gained from your experience and provide examples.

B) Identify new/expanded skills gained from your experience and provide examples

C) Identify the values clarified from your experience and provide examples.

D) What conclusions are you able to draw from your reflections of the experience?  
What are your next steps for continued learning?



## Experiential Learning Reflection

**2) Affective Reflection:** Examine what you feel related to your experience.

A) Which aspects of your experience did you most enjoy? Why?

B) What did you like or dislike about the experience? Why?

C) What would you change about your experience?

D) How do you feel that your work contributed to your employer?

E) What conclusions are you able to draw from your reflections of the experience?  
What are your next steps for continued learning?

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**[gwired.gwu.edu/career](http://gwired.gwu.edu/career)**

1922 F Street, NW (Old Main) Washington, DC 20052  
Ph: 202.994.6495 Fax: 202.994.6493 E-mail: [gwcarctr@gwu.edu](mailto:gwcarctr@gwu.edu)



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**3) Environmental Reflection:** Examine your work culture and work processes related to your experience.

A) Did you engage in team related projects? Did you work on projects alone? Describe the projects and identify what you learned about your work preferences related to working alone and with teams.

B) Did you receive daily or weekly assignments and regular feedback from your supervisor? Did you receive less/more frequent assignments and feedback? Identify what you learned from your experience about your preferences related to supervisory work style.

C) Did the culture of the workplace encourage formal or informal interactions among staff? Were you able to interact with a people from all levels of the organization? Identify what that tells you about your preferences in the workplace.

D) What additional conclusions are you able to draw from your reflections of the experience? What are your next steps for continued learning?

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## Experiential Learning Reflection

**4) Career Reflection:** Examine the new and enhanced career knowledge you acquired during the experience.

A) What did you learn about your career interests?

B) How did your experience affect future internship or job choices?

C) How will that knowledge inform your career decisions?

D) What conclusions are you able to draw from your reflections of the experience?  
What are your next steps for continued learning?

***Students are invited to meet with a Career Center consultant  
to reflect on their experiences***

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