

## Community Involvement Hours Critical Reflection



<b>WHAT?</b>	<b>SO WHAT?</b>	<b>NOW WHAT?</b>
<p><i>What was it? What did you do? What happened? What did you learn? What was different? What was your reaction?</i></p>	<p><i>Reflect on why this _____ matters to: (insert) you, your pathway choice, your understanding of careers, your skills you possess?</i></p> <p><i>How could these experiences connect to your own: values, ideas about self, your development, and/or your practice?</i></p>	<p><i>How might you apply what you have learned to your own practice?</i></p> <p><i>How might what you have learned and your experiences influence your practices moving forward?</i></p>