

## Prompts for Reflective Journal Writing

- What does this mean to me?
- Why are things happening as they are? What are [other] possible explanations for what's going on?
- How can I use the material? What connections can I make between this theory, principle, etc., and other theories or principles? How can I apply this theory, principle, or skill to an actual situation? What stands in my way, and why?
- How is my life changing as a result of this learning? What do I want to change about myself as a result of my learning? What would I like to change at work or at home (as a result of this learning), and how can I bring it about? What am I doing differently, if anything?
- What do I really expect from this learning activity? Am I getting it? Are my expectations realistic? Why do I think so (or not)?
- What do I need to make this learning more relevant and useful?
- What is working for me, and why?
- What am I seeing differently in my world now as a result of my learning?
- What examples of this have I seen before? How were these situations alike or unlike? How is this learning activity like real life (like work)? Where can I find examples of this being tried? Where is it working, and where not?
- What don't I like about the learning, and why? Am I resisting anything? Are there ideas I just don't want to accept? What are they and what do I think is causing them?
- If my expectations are not being met, what can I do about it?

### Reflection Essay Guidelines

Guidelines	
<b>1. Description of your global health rotation site</b>	Review background information related to the host country- its geography, political and economic structure, history, religion (s), culture, language(s), familial and social structures, major food types- and the context in which your health experience took place.
<b>2. Goals</b>	What were your original expectations and goals in this global health experience? How did they change?
<b>3. Impact on Community</b>	Prior to your trip, what were the predicted community needs you sought to address? How did your actual experience differ from those predictions?
	How do you feel the community you were working with was impacted?
<b>5. Impact on You</b>	What was the most memorable thing that happened during your global health experience?
	What insights and/or personal benefits did you gain through the experience? How do you “make sense of” your experience?
<b>6. Professional</b>	How did the global health experience affect you as a health professional student?
	How do you think this experience changed the way you practice, or changed the direction of your medical career?
<b>7. What You Learned</b>	How has your fund of knowledge and/or clinical skills changed?
	Reflect on the types of medical problems you saw.
	How did the health care delivery system of your host country compare to others you have experienced?
	Has your world-view changed as a result of your experience? In what way(s)?