

# CLAY COUNTY FACTSHEET

## 4-H Youth Development

Developed by Stephanie Conner,  
Clay County 4-H Agent



### 4-H and the Reflection Connection

In 4-H we know that there is education in everything we do. With that we want to ensure that our youth are learning the most from their experiences, whether it be participating in a workshop, a club meeting, a classroom project, community service learning project to even fundraising projects. Reflection is important in helping the youth, and adults, tie everything together and make the connection. Reflection is a great tool for evaluation of a project, event, or lesson, as it gives the kids chance to voice their opinions and reasons in a safe group environment.

While the list of possible questions that can be used for Reflection events, below are some examples for reflection of a Community Service Learning (CSL) project to get you started.

1. What did you do for this CSL project?
2. Why did you choose this CSL project?
3. Why do you do CSL projects? (some may say for themselves, some may say for others)
4. Name three challenges you faced working through this project.
5. Name three things you learned working through this project.
6. Was this experience, organization or CSL project what you thought?
  - a. If not, how was it different?
  - b. If you were a recipient of this service or project how would you feel?
7. In doing this project, did you learn anything about yourself?
  - a. If so, what did you learn?
8. Do you feel that you learned anything about communication?
  - a. If so, what did you learn? (the effects of good or bad eye contact, listening, talking, facial expressions, or body language)
9. Do you think you will be able to apply this experience to other areas and projects in your life?
  - a. If so, how and/or where?
10. After participating in this CSL project, do you have a different perspective of those people who are in need of this service or items?
  - a. If so, what changed your perspective?
11. What is community service?
12. What is empathy?
13. Is there something you would have done differently to help this project?
  - a. If so, what and why?

If you have any questions or comments about this Fact Sheet, please contact the 4-H office  
and we will be happy to talk with you!

Clay County 4-H (904) 284-6355 or [clay4h@ifas.ufl.edu](mailto:clay4h@ifas.ufl.edu)

# CLAY COUNTY FACTSHEET

## 4-H Youth Development

Developed by Stephanie Conner,  
Clay County 4-H Agent



14. How do you feel meeting or seeing the recipients and/or seeing the project location?
15. Are things that you feel your team could have done differently to support this CSL project?
16. Are there things you feel your team did that slowed the progression of this CSL project?
17. If you were not the team leader on this project do you feel you could comfortably take the lead on the next project?
  - a. If not, what are some things that you feel will help you to get to the leadership point?
18. Asking the participants to define words that have been used throughout the projects is acceptable, especially if then you can help them tie it to real life and the experience at hand.
  - a. Compassion, character, charity, generosity, friendship, leadership, prejudice, judgement, etc

These questions can be edited to fit reflection moments for the above mentioned workshops, club meetings, classroom projects, and fundraising projects as well. If you would like help wordsmithing the questions for your program please contact the 4-H office and we will be glad to help and learn with you. Also, remember this list contains a handful of questions, you may different ones that will help you to recognize if your kids have reached their objectives as well as gained knowledge and skills.

Understanding that when we plan things in 4-H, ideally we want to plan with our end objectives in mind. What do we want to accomplish by doing this, what do we want the kids to learn and gain from doing this? Additionally, we want the kids to have their own objectives and goals? What do they want to accomplish by doing this, what do they want to learn and gain from doing this? According to Schultz (2016) the benefits of setting goals is that you are specifically acknowledging where you want to be and what you want to accomplish. As youth development leaders, we try to guide them to set SMART\* and beneficial objectives and goals, as we want this learning experience to be meaningful, reflection will enable us to recognize if we accomplished that.

\* SMART objectives – S - specific, M – measurable, A – achievable, R – relevant, T – time-bound

### References:

Shultz, M. 2016. Setting goals to make your best better: Learn why setting goals is important and five key aspects of good goals. [http://msue.anr.msu.edu/news/setting\\_goals\\_to\\_make\\_your\\_best\\_better](http://msue.anr.msu.edu/news/setting_goals_to_make_your_best_better)

If you have any questions or comments about this Fact Sheet, please contact the 4-H office  
and we will be happy to talk with you!

Clay County 4-H (904) 284-6355 or [clay4h@ifas.ufl.edu](mailto:clay4h@ifas.ufl.edu)