**W2: Service Learning On-Going Personal Reflection**

1. What is a volunteer?
2. Why do people volunteer?

1. How does volunteering make a community stronger?

1. How does volunteering contribute to one’s personal wellness?

1. How can volunteering help you define and achieve personal goals?

**Service Learning Student Reflections**

1. How do I/did I choose the service learning opportunity that's right for me?
2. What is really important to me?
3. What wellness issue(s) do I feel passionate about?
4. What situations or activities inspire or motivate me the most? What situations or activities do I enjoy the most?
5. If I had unlimited time and resources, what problem would I solve? What would I change/create?
6. What wellness challenges/concerns in my community keep catching my attention?
7. What places, activities, services, people, and things in my community do I especially value? Are any of these dependent on volunteers? How would I feel if they were no longer available?
8. What type of work, training, or education do I want to pursue?
9. Who do I enjoy working with (e.g., young children, elders, people my own age, people in need, people who are ill, active people)?
10. What did I learn about myself (as a result of these experiences) that I did not know before?
11. What would I do differently if I was to participate in the same service learning opportunities again?
12. What unexpected challenges presented themselves? How did I/we address these challenges?
13. How did you benefit from your service learning experience?
14. How did others benefit from your volunteering?
15. Did the actual experience differ from your expectations? If so, how?
16. What was your most rewarding experience?
17. What is the most important thing you learned about volunteering?
18. What did you discover about yourself that you didn't know before?
19. What did you learn that will help you choose and take advantage of wellness opportunities?
20. What challenges do you think the voluntary sector is faced with?