

BAYLOR

U N I V E R S I T Y

TURNING IT AROUND (Reflection Journal)

The purpose of this journal is to help you reflect on the experience you have had and to process through what you have learned from that experience. The journal also helps us identify what additional guidance might be helpful to you or others. While there is not a prescribed length to this paper, we do expect this journal to be substantive in content.

Please answer the questions below on a separate sheet of paper. The journal should include your name, the type of incident you were involved in, the date, and should be typed.

REFLECTION (What happened?)

1. What actions on your part have brought you to this point?
2. How did your choices impact you?
3. How did they impact others?

COMPREHENSION (What have I learned?)

1. Where did your actions deviate from Baylor standards of conduct?
2. What would you do differently next time?
3. How could someone have helped you?

ACCOUNTABILITY (What could have helped?)

1. What could Baylor do to help make students more aware of University policies?

ACTION (What could I change?)

1. Did your actions reflect who you want to be?
2. Have you identified any areas for personal growth as a result of this incident?

SHARING (What about my peers?)

1. How might you use what you have learned to serve others and positively impact the Baylor University community?
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