



## Heightening Impact of Experiential Learning (EL) Activities (2 activities)

### Purpose:

Many instructors enliven their courses with EL activities such as guest speakers, group exercises, debates, simulations, or demonstrations. By including structured reflective exercises alongside these activities, you will help teach your students how to transform their learning to transferable knowledge or skills.

The first component in this bundle requires students to reflect before, during and after an EL activities, enabling them (and you) to notice any shifts in their understanding, perspectives, or abilities throughout the experience. EL activities focused on building knowledge can be paired with the activity linking this experience with their interests and values. EL activities intended to build specific skills can be paired with the competencies reflection to help students identify and articulate their strengths and skills goals in areas related to the course subject. Of course, all three activities could be combined into a graded assignment!

### Learning Outcomes:

- Analyze how personal experience of course-based activities shift student perceptions about course content and self in ways that invite further inquiry.
- Explore new possibilities for personal growth or career exploration from insights gleaned through course activities.
- Identify the types of goals that you may consider pursuing based on your interests and values.
- Identify and connect your competencies to career aspirations.

### Activities:

- 1 • "Reflecting on Experiential Learning Activities"
- 2 • "Reflecting on Your Interests and Values" OR "Reflecting on Your Competencies"
  - **Optional Supporting Resources:**
    - Three Steps to Self-Reflection
    - Five Ways to Develop Meta-Cognitive Skills



Reflection



Self-regulation



Teamwork



Transfer