Let's get started…

We know it is all too easy to glide from semester to semester without taking the time to reflect. As we tie a bow on fall semester and look ahead to spring, let’s use this opportunity to take stock of the growth we’ve achieved and prepare for new challenges. We’ll use design thinking to reflect on this semester and prepare for the next. Learning and growth only happen through reflection.

Here’s how it works:

1. **Take a Break** - If possible, take a short, stress-free break before you start your reflection. Then, get ready to reflect.

2. **Map Your Learning Journey**
   - Take your blue pen and map your learning journey, from negative events at work or school to positive events. Map beyond the obvious events to capture the full range of your experiences. What was your emotional journey like? What was happening during the overlaps or the gaps? Where did you experience high or the lowest lows? What actions led to a turnaround at certain moments of change?
   - Draw Your Map: Once you have completed your map, step back and observe it. What is this map telling you about your experience this semester? What caused the highest highs or the lowest lows? What actions led to a turnaround at certain moments of change that either happened to you or you made happen. For both lines label the highs and lows. Recall and capture in detail what occurred in those moments. These are critical inflection points: they show where learning and productivity occurred and where it did not.

3. **Map Your Emotional Journey**
   - Take your orange pen (or draw a dashed or dotted line) and map your emotional journey: when did you feel excited? When were you frustrated or nervous? Where did you feel discouraged? What did you do to get out of this? What helped you feel better?

4. **List Your Learnings**
   - Make a list of 3 key learnings or insights you gained during fall semester. What did you learn about yourself? How will you apply these insights next semester? What will you try? What worked for you in this semester? How might you create optimal learning environments for yourself or others?

5. **Design an Amazing Spring Semester**
   - Armed with this information, you can design an amazing spring semester and apply these insights next semester. What will you try? What worked for you in this semester? How might you create optimal learning environments for yourself or others? What will you apply these insights next semester? What will you try? What worked for you in this semester?

6. **Complete Your Map**
   - Once you have completed your learning and emotional maps, make a copy of the maps and add your learnings to the copies. This will help you remember what you’ve learned and move forward with confidence.

IN CASE YOU MISSED IT

Each holiday edition offers a fun way to reflect on what you liked about your semester (“I liked…”) and what didn’t work (“I didn’t like…”). You can use this worksheet to reflect on your semester and make plans for the next.

Happy holidays ENTP students, alumni, faculty, and friends! I hope you enjoyed the holiday treats in the OC yesterday. It was fun catching up and hearing all about your holiday plans.

Before you go, I have one final reflection exercise for you:

**Make a Positive List**

List 3 things you are grateful for. What can you do to make these more of a part of your daily life? How can you make these a priority in the new year? What can you do to make these a part of your daily life?

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