

Guided reflection framework for young people

Research shows that preparation and reflection are important aspects of youth social action.

If you have recently participated in youth social action, you could use the following framework to support your reflection about the activity you have undertaken.

You do not need to follow the framework line by line. Rather, use it flexibly and in response to your needs.

Youth social action: Reflection Framework



Questions about: **Identifying an activity/project**

- How did you seek to add value in your community?
 - What was the issue you sought to address?
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Questions about: **Perceptions**

- How did you prioritise which issue to focus on?
 - Did your feelings about this issue change during your project? How?
 - What new things did you learn about this issue?
 - How did other people's feelings about this issue change during your project? How do you know?
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Questions about: **Identifying a response**

- How will your activity create change?
 - Who will benefit from your youth social action, and in what ways? How will you know?
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Questions about: **Developing knowledge and skills**

- What other knowledge and skills did you need to tackle the issue?
 - How did you develop these?
 - What skills did you develop that could be relevant to your future career?
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Questions about: Wider links

- What learning from school/college did you draw on to help you? How did you apply this learning in your project?
- How will what you did be useful for further study or employment?
- How has your understanding of your future career options and the world of work changed?
- How could you continue your work and extend your impact?



Questions about: Impact

- How did your activity create change?
- Who benefitted from your activity, and in what ways? How do you know?
- How could you celebrate and share the impact from your activity with the cause/people you benefitted?



Questions about: Partnerships

- What partners (including peers, community members, employers, and so on) did you work with?
- What experiences and support did you get from these partnerships?
- How did working with these partners compare with your expectations?
- What did you learn from the partners you worked with?



Questions about: Access

- If you worked in a team, what role/s did each member of your group undertake, so that you achieved your goals?
- What expected and unexpected difficulties came up when you worked with others on the project?
- How did you overcome these challenges?
- What else might have helped?



Questions about: Progress and process

- What did you do if things didn't go as planned?
- What other approaches could you have tried in order to address the issue?
- What would have been the benefits and downsides of these approaches, in comparison with the approach you did take?