



Field Practice Resource - Student Debrief Questions

It doesn't count unless you debrief it. We've all heard that, right? This resource provides a list of questions pertaining to each of the five social and emotional learning (SEL) core competencies. If one of your goals for an activity is to help students work on a particular SEL competency, consider using one or more of the corresponding debrief questions in this resource. These debrief questions can be used following teambuilders, games, SEL activities, outdoor adventures/skills, and any activity involving teamwork.

Self-Awareness

- How did you feel at the beginning? In the middle? At the end of this experience?
- Did you engage as much as you wanted to? Was that the role you intended to take? Why or why not?
- What surprised you about yourself while doing this exercise?
- Did your inner "unfriendly voice" get activated during this exercise? What can you do to activate your "friendly voice"? Are you supporting self-doubt or self-confidence?
- If there was silence as part of the experience, did it enhance or detract from the learning for you? Why? How?
- What did you do to encourage your teammates (or classmates) to contribute?
- Did others help you (or not)? How did this make you feel?
- Did you feel that your suggestions and ideas were heard? If not, did that make you try harder or step back?
- Did you feel supported by your teammates and/or did you feel that you were encouraging to your group members?
- Does what you noticed about yourself while doing this exercise remind you of other patterns that you are aware of within yourself?
- What is something new you will continue to work on after today?

Self-Management

- What did you say to yourself at the beginning, middle, or end of this exercise?
- What ideas or habits did you have to let go of in order to participate productively in the activity? Was that easy or challenging for you?
- What role do you usually take on when you are working in a group? Is that similar or different from the role you took on just now?
- What did you notice about yourself and how you communicated? Do you think your inner emotions express themselves physically (i.e. sighing, raising your voice, withdrawing, yelling, becoming quiet)? If so, how do you think others perceive your feelings?
- What did you find challenging about this activity? What did you find surprising?
- What was your thinking process to come up with a strategy?
- Did you have any strong emotions during this activity? What were they and what impact did they have on your thoughts and behaviors?

Social Awareness

- Does the way your group works together motivate or demotivate you? Why?
- In your perception, did everyone who wanted to share get a chance to share?
- How did you change direction or compromise? What does this tell you about what's needed when working together?
- What does this exercise make you think about in terms of the way you want to treat others or be treated during the next few days here? After this time together?
- What was an idea that was shared that differed from yours or challenged your thinking?
- How well did your group work together? What made your group successful or unsuccessful?
- When you faced a challenge, who did you go to for support?

Relationship Skills

- Did you take more of an active or passive role as a team member? Why?
- What role did you play in the team? Do you often find yourself playing that role in life/at school/in your family? Does this role increase your happiness and confidence? Does it hold you back?
- What worked for your team? What didn't work for your team?
- What did the other people in your group do to help you and others feel included and part of the experience?
- What did your team do well, in your opinion? What could it have improved on?
- What surprised you about how others interacted while doing this experience? What impressed you?
- What did you do to encourage your teammates (or classmates) to contribute?
- What could have helped your team feel even more confident as a group?
- Name one quality or action that you appreciate or like about a group member's part in this activity.
- Describe some examples of people communicating clearly and understandably during this activity.

Responsible Decision-Making

- How might you do this activity differently if we did it again? How will you take what you learned here and apply it in the future? Be specific.
- Would you help change anything about your group's actions for the next time? How?
- Did you experience patience and open mindedness from team members? Did you model patience and open mindedness? Why are these qualities important in group work?
- How would you behave differently if we were to do this activity again?
- How does this apply to your life at home, at school, or in your family?
- How could you have shown more empathy for others? (empathy: the ability to understand and share the feelings of another)
- What did this teach you about the necessary ingredients for communication? Necessary ingredients for responsible decision making?