



Resource - Field Practice Resource Student Debrief Questions

Question cards - 2 sided - 3.25" x 5.75"

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**?