



## Reflection

Reflection is the internalization of lessons learned in an activity or event and how to connect these lessons to personal choices and behavior. In a fraternity, the choices and behavior of the individual often affect the Brotherhood. Thus, reflection teaches members the value of their individual choices and the impact that choice has on both themselves and their brothers.

Reflection should not happen immediately following a pledge activity. Before reflecting, twenty to thirty minutes should pass to allow the pledges and brothers to digest the activity. When reflection begins, there are numerous reflections models you can use. A simple model and one that is easy to facilitate is “*The What, So What, Now What?*” model. It is divided into three phases.

### The What?

The first phase, “The What,” pertains to the substance of the activity and what has happened to each individual. It deals with facts, occurrences and leads naturally into interpretation. As a facilitator, you are trying to help members recall their experience. Facilitate the discussion so all answers come out. You may want to have each member write down his responses. Then, ask the pledges some of the following questions to begin the dialogue:

- What happened?
- What did we do?
- What problem did we solve?

### The So What?

The second phase, “The So What,” examines the difference the activity made to pledges. It looks at the outcomes of the activity and gives meaning to them. Pledges will abstract and generalize what they are learning and apply it to their prior experience or knowledge. They’ll shift from the descriptive into the interpretive. The answers will lead to greater discussion as the pledges debate the significance of the event. As the facilitator, it is your job to keep the pledges on track and reinforce positive interpretations. Help them extract learning outcomes that will set up the next phase of the exercise, “The Now What.” Questions for this phase may include some of the following:

- What did you learn?
- How did the activity affect you and your pledge brothers?
- What is the lesson from this activity? Why is this lesson important?

### The Now What?

The third phase is “The Now What.” This final phase is the process of taking lessons learned from the program and reapplying them to other situations within the brotherhood and the school. It is a time for examining the future. Questions may include some of the following:

- How will this affect our reaction to future dilemmas?
- What can we do to make sure we are always helping our brothers?
- How can we utilize what we learned today to improve our brotherhood?

This is merely a guide for reflection. As your programs and activities change, so will the questions you ask and the conversations you have. Do your best to tie in different facets of the fraternity to each activity. Additionally, try to always relate lessons learned back to *The True Gentleman*.