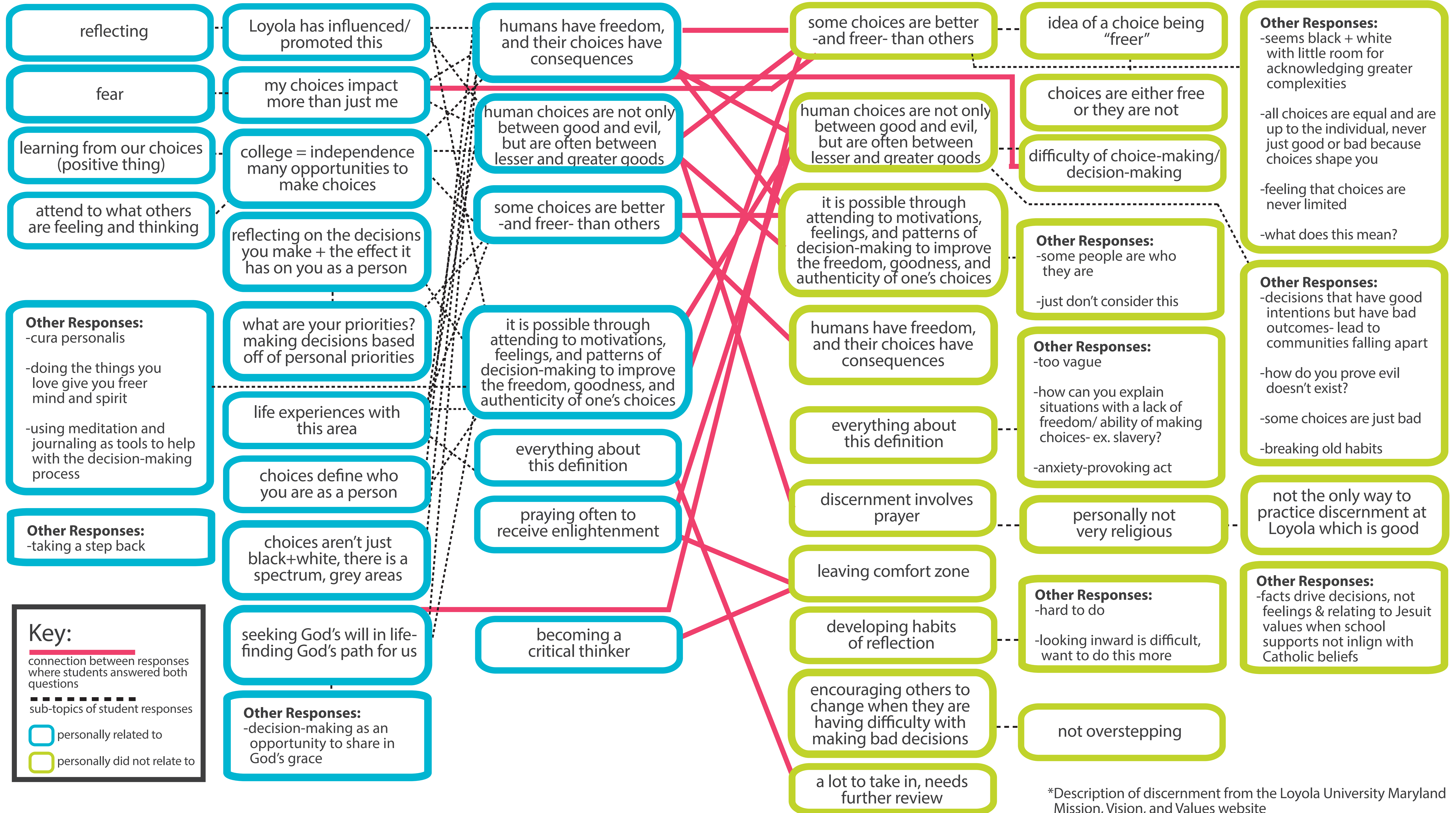


# DISCERNMENT >>>

**Questions:** What elements of this definition of discernment\* do you find you are able to personally relate to? Why? If none, leave blank.  
 What elements of this definition\* do you find are difficult to personally relate to? Why? If none, leave blank.

## PERSONALLY RELATABLE ELEMENTS

## PERSONALLY NON-RELATABLE ELEMENTS

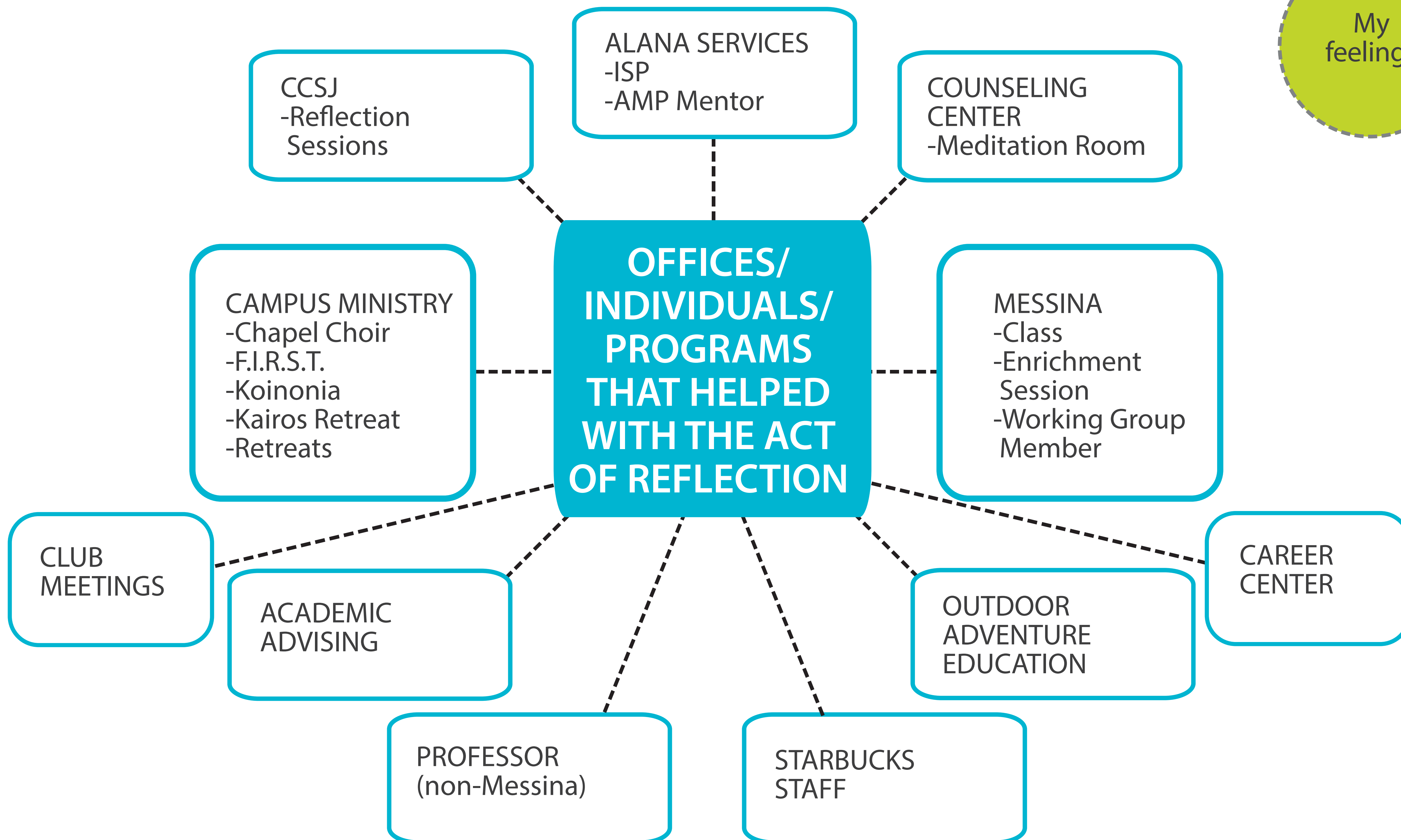


# REFLECTION >>>

**Question:** Please describe how you have personally taken part in the act of reflection during your first year of college. If you experienced barriers to being able to reflect, or if there were offices/ individuals/ programs that helped you practice reflection please also list these here.

## BARRIERS TO PRACTICING THE ACT OF REFLECTION

1. Focus on other things (6) *including:*
  - Difficulty of schoolwork
  - Being too busy
2. Lack of self care (6) *including:*
  - Fatigue
  - Anxiety & depression:
    - Reflection inducing these feelings
    - As barriers to approaching reflection
3. Reconciling personal values/ Catholic values/ university values (1)
4. Forced to do this for a grade, less genuine (1)
5. Distinguishing between complaining vs. reflection (1)



## ACT OF PRACTICING REFLECTION

<b>HOW:</b>	- alone - with help of friends/family - journaling/writing - in prayer - meditation - mentally reflect - in silence - group reflection activity - short breathing exercises -
<b>WHERE:</b>	- at church/Mass - going to bed - running/walking - sitting in room - on the Quad - at yoga-
<b>WHEN:</b>	- end of the day - when free time is available - morning -
<b>OTHER CONSIDERATIONS:</b>	- taking a step back - thinking after each class - developing a plan for improvement -