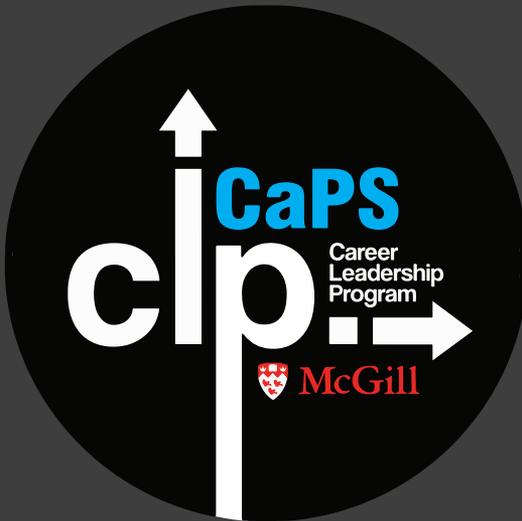


# EXL BOOK

EXPERIENTIAL LEARNING WORKBOOK



CAREER LEADERSHIP PROGRAM

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# INTRODUCTION

**EXPERIENTIAL LEARNING (EL)** refers to the active process of learning by doing, in a mindful and intentional manner.

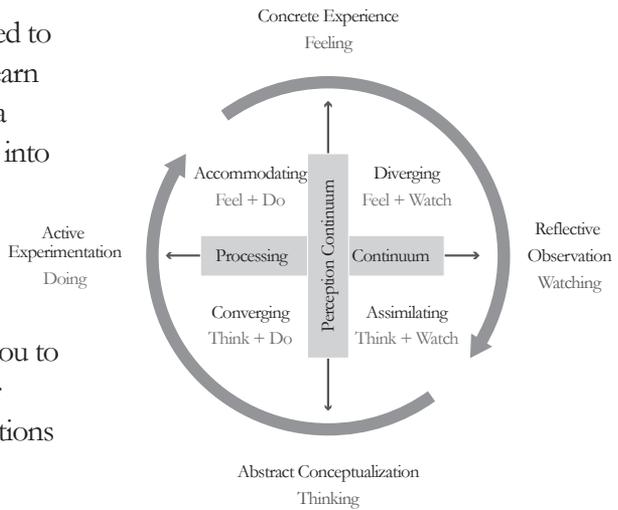
## WHY REFLECT?

“Experiential Learning occurs when carefully chosen experiences are supported by reflection, critical analysis and syntheses.”

- Association for Experiential Education

Reflection is the second pivotal aspect of Experiential Learning. It is the essential process which transforms experiences into genuine and lasting learning.

This workbook is designed to help you reflect on and learn from your experience as a Volunteer, to gain insight into yourself and your interactions with others and the outside world. To facilitate this process, we will ask you to think critically about your learning and answer questions about your motivations, experiences, and goals.



Our hope is that these exercises also help you to be intentional about your role as a Volunteer and to make the most of your experience.

**ALL THE BEST WITH YOUR  
VOLUNTEER EXPERIENCE!**

# PRE-EXPERIENCE REFLECTION

## LEARNING OUTCOMES

- Know and understand CaPS services
- Know how to create a University appropriate CV
- Ability to provide CV advice to students
- Ability to facilitate a career-related workshop
- Work cooperatively with others (responsibility, fairness, mindfulness)
- Understand personal strengths and weaknesses
- Articulate personal skills and abilities

On the following pages are some questions to ask yourself to help you articulate your expectations, and a grid to identify your skills in order to help you summarize your personal goals for your Career Leadership experience.

## LEADERSHIP

McGill Student Services ascribes to this definition of “Leadership”:

Leadership is the “relational and ethical process of people together attempting to accomplish positive change”  
(Komives, Lucas & McMahon, 2006)

This definition reclaims the term “leader” by defining it as any agent of influence and change (involved in the leadership process). rather than a leader being defined as a position or hierarchical role.

## VOLUNTEERISM

**Volunteerism** is not only the backbone of civil society organizations and social and political movements, but also of many health, education, housing and environmental programmes and a range of other civil society, public and private sector programmes worldwide. It is an integral part of every society.

# OCTOBER

What did you do this month?

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What trainings did you attend?

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How did you feel?

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What did you like/not like?

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What did you learn?

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