

### Activity: Critical Reflection



**Objective:** Review the experience and move toward critical thinking, problem-solving and actions for the future.

**Leader Prep:** Find a space where girls are comfortable and feel confident sharing deep and critical thoughts about their advocacy experience. This may be a place where parents or supporters are not permitted to take part.

1. Gather together in a place that feels safe and comfortable, where girls can share their thoughts and not feel judged by others. This may take place in small groups or in one group all together. Do what works best for you.
2. Critical reflection is a method of discussing experiences to gain a better understanding of them. It happens in three parts: the what, the so what, and the now what. Start your discussion with the following questions. Leave enough time for each answer to come to a thoughtful but topical conclusion. Try to moderate the discussion to keep girls on point.
3. **What?**
  - a. What happened?
  - b. What did you learn?
  - c. What did you do?
  - d. What did you expect?
  - e. What was different?
  - f. What was your reaction?
4. **So What?**
  - a. Why does it matter?
  - b. What are the consequences and meanings of your experiences?
  - c. How do your experiences link to your Girl Scout experience?
5. **Now What?**
  - a. What are you going to do as a result of your experiences?
  - b. What will you do differently?
  - c. How will you apply what you have learned?

Adapted from “The What? So What? And Now What? Of Critical Reflection” by Natasha Kenny (2014)