TURNING IT AROUND
(Reflection Journal)

The purpose of this journal is to help you reflect on the experience you have had and to process through what you have learned from that experience. The journal also helps us identify what additional guidance might be helpful to you.

Answer the questions below on a separate sheet of paper. The journal should include your name, the type of incident you were involved in, the date, and should be typed.

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**REFLECTION (What happened)**
What actions on your part have brought you to this point? How did it impact, or could it have impacted, others?

**COMPREHENSION (What have I learned)**
What would you do differently next time? What have you learned from this experience?

**ACCOUNTABILITY (What could have helped)**
What could Baylor do to help make students more aware of University policies?

**ACTION (What could I change)**
How could you use your “strengths” (Strengths Finder test) to change how you might respond to a similar situation in the future?

**SHARING (What about my peers)**
What would you tell other students about your experience that might be of help to them?