



## Experience Journal

Reflect on the following questions after your volunteer/clinical/research/other types of experiences. Be sure to complete an Experience Log as well to track your experiences.

**Experience:**

**Date:**

Was this particular experience what I thought it would be?

What was the most meaningful thing I learned from this experience?

What did I like the most?

What did I like the least?

Was there anything surprising to me throughout this experience?

What areas would I like to explore next?