

Reflection Activity

Objective: Reinforce concepts from this and prior sessions, address remaining questions, identify what knowledge participants are gaining and what concepts they are learning.

Helpful Materials: Flip chart paper or white board, scrap paper, pens, markers.

Directions:

1. Ask participants to reflect silently on answers to one or more of the following questions. Remind them to reflect both on today's lesson and also what they learned in prior lessons in this series.
 - What is one thing you've learned in CC&S that you didn't know before?
 - What is one piece of information from CC&S that you will share with a family member or friend?
 - What questions do you still have regarding the information that we already covered?
2. After quiet individual reflection, instruct participants to write down their answer(s) on a piece of scratch paper.
3. Ask each person to read one answer to above questions to the group.
4. Record responses on flip chart paper or board, organized by what they learned, what they will share with others, or what questions they still had.
5. Answer any remaining questions or agree to follow up for next session.
6. Keep a record of the responses (e.g., retain the flip chart paper or take a picture of the flip chart paper or white board).

After session:

Submit the responses from the flip chart within 30 days of the session. Instructions for submitting flip chart notes and other evaluation materials can be found at:

<https://cancerclearandsimple.org/evaluation/>