

Experiential Learning



Experiential learning means gaining active, hands-on experience in the real world as a part of your academic field of study and career development.

Through experiential learning, you can...

- Obtain career-related experience.
- Explore career interests and refine your future career goals.
- Network with professionals in your field and identify potential references.
- Develop your transferable skills.

PRACTICE: REFLECTING WITH EXPERIENTIAL LEARNING

Reflection is an important part of experiential learning that allows you to glean meaning from an experience. Because many experiential learning opportunities relate back to your classes and academics, it is good to consider how class concepts and theories may relate to your hands-on experience.

Below is a worksheet designed to help you reflect on your experiential learning opportunity. Reflection can come before, during, and after the opportunity. Before the experience, think about the organization's mission and how you plan to contribute to it. After the experience, ask questions to address what you learned, how it applied to your intended career, and what can you do with your acquired knowledge and skills in the future. Write your responses in the space provided below.

What have I learned in my classes that I want to experience in a workplace setting?

What do I want to gain by the end of this experience?

What have I learned from my experience that gives me a competitive edge in the future?
