Questions: What elements of this definition of discernment* do you find you are able to personally relate to? Why? If none, leave blank.

What elements of this definition* do you find are difficult to personally relate to? Why? If none, leave blank.

*Description of discernment from the Loyola University Maryland Mission, Vision, and Values website
Question: Please describe how you have personally taken part in the act of reflection during your first year of college. If you experienced barriers to being able to reflect, or if there were offices/individuals/programs that helped you practice reflection please also list these here.

**BARRIERS TO PRACTICING THE ACT OF REFLECTION**
1. Focus on other things (6) including:
   - Difficulty of schoolwork
   - Being too busy
2. Lack of self care (6) including:
   - Fatigue
   - Anxiety & depression
   - Reflection inducing these feelings
   - As barriers to approaching reflection
3. Reconciling personal values/Catholic values/university values (1)
4. Forced to do this for a grade, less genuine (1)
5. Distinguishing between complaining vs. reflection (1)

**TOPICS CONSIDERED WHILE REFLECTING**
- Contemplating the World (3)
- My Experiences
- My relationships with others
- Evaluation of life
- My spirituality/relationship with God
- My feelings
- My New Self
- My relationships with others
- My spirituality/relationship with God
- My New Self
- My experiences
- My New Self
- My spirituality/relationship with God

**WHERE:**
- Chapel Choir
- F.I.R.S.T.
- Koinonia
- Kairos Retreat
- Retreats
- CCCSJ - Reflection Sessions
- Counseling Center - Meditation Room
- MESSINA - Class - Enrichment Session - Working Group Member
- ACADEMIC ADVISING - Enrichment Session - Working Group Member
- CAREER CENTER
- Outdoor Adventure Education
- STARBUCKS STAFF
- Professor (non-Messina)
- ALANA SERVICES - ISP - AMP Mentor
- CAMPUS MINISTRY - Chapel Choir - F.I.R.S.T. - Koinonia - Kairos Retreat - Retreats
- Club Meetings
- Academic Advising
- Messina - Class - Enrichment Session - Working Group Member

**WHEN:**
- End of the day
- When free time is available
- Morning

**HOW:**
- Alone - with help of friends/family - journaling/writing
- In prayer - meditation - mentally reflect - in silence
- Group reflection activity - short breathing exercises

**OTHER CONSIDERATIONS:**
- Taking a step back - thinking after each class
- Developing a plan for improvement