

Summer 2013

SPHK 1101

Introduction to Outdoor Leadership

Self-reflection Assignment 2

Due: June 12th, 2013
(4 - 6 pages typed)

YOUR TASK:

Challenge yourself to seek out a new outdoor experience - something you have never done before. Go somewhere you have never been or try a new activity. You can do this alone or with friends or family but it **MUST** be something you have **NEVER** done before! Please prepare appropriately and stay safe!



Please answer the following questions:

1. Describe in detail your experience. Where did you go? What did you do? Who else went with you or who did you meet/see? (Share some pictures if possible).
2. Explain how this was a new experience for you. (Justify your choice of locations/activities).
3. What was positive about your experience? What was negative? What did you learn from this experience? If you were to do this again, what would you do differently?
4. What is the value of trying new things? Do you try new things often? Why?/Why not? Did you find this challenge easy to do? How did you feel before leaving? How did you feel after your experience?
5. What do you think prevents people from spending more time outdoors? What outdoor activity do you want to try next?!