

## Expedition Participant Reflections

<b>Participant Name:</b>		<b>School :</b>	
<b>Team Name:</b>			
<b>Expedition Dates:</b>		<b>Expedition Location:</b>	
<b>Expedition Type:</b>	<input type="checkbox"/> Bronze Qualifying <input type="checkbox"/> Silver Qualifying <input type="checkbox"/> Gold Qualifying		

Following each expedition it is important to look back and evaluate your experience and reflect on what you've been through. Please take the time to complete this reflection sheet and **return it to your Award Leader**. Each member of the team is required to complete this form before they will be given credit for their expedition.

1. How did your expedition compare to what you expected it to be? Was it easier? Harder? Different in some other way?

2. In what ways was this expedition a positive experience for you?

3. In what ways was this expedition a negative experience?

4. What things did you see or experience that you didn't expect or that surprised you?

5. What things would you do differently next time?

6. Describe your role on the team. What things did you do to contribute to the success of your team?

7. What things do you think your team did particularly well?

8. What things do you think your team could have done better?

9. What advice would you give to the next team doing this expedition?