

## Examen-like Exercise

Studies show that taking time each week (and preferably each day) to stop, take a breath, and reflect back on the week is beneficial to our mental, emotional, physical, creative, and intellectual well-being. Taking time to slow down and think is appropriate to a class about the decision making, reflection, and inner confidence. Sometimes we feel guilty taking time to just sit or walk and do nothing except reflect, so this assignment gives you the excuse you may need. This exercise is designed to guide you through your reflection. You should complete each step. I hope that you will feel comfortable sharing your answers to each question; however, I understand that there may be answers to #1, 2 and #3 that you don't want to share. That's fine. Feel free to write "written in my own journal" (and be sure to keep a personal journal!). **You must provide answers to #4 and #5.** None of this requires a formal essay (there should be no added stress). Bullet points are fine, whatever works for you.

Each assignment like this will have a different theme. This week it is \_\_\_\_\_.

1. Stop, take a few slow breaths, let go of the stress of the day, and jot down all the things for which you're grateful.
2. Review the past week. In what ways or at what points have you experienced balance intellectually, physically, socially, emotionally, creatively, and spiritually? Where and how have you felt connected to the world and people around you? Have you been able to balance your studies with your physical, creative, emotional, spiritual, and social needs?
3. In what ways has your life been out of balance this week? Have there been any moments when you've felt your actions haven't reflected your core values? Have you missed out on making connections with the world around you, other people, and even, perhaps, yourself?
4. Reflecting on your answers to #3, identify specific strategies you can adopt so that you'll be able to use your time more effectively and reduce stress and anxiety while balancing your intellectual, emotional, creative, physical and spiritual needs (remember that taking time to be idle is also using time effectively!)
5. Thinking about what you've learned in all of your classes this week, jot down at least one thing that you've learned that's new; one thing on which you gained a new perspective; and one thing you were able to connect to something you already knew, a personal experience you've had, or something you've learned in another class.