

Reflective Activity – Signs of Change

In this activity, we think about past changes in our personal, professional, and educational lives and review the circumstances and think about why change happened, and how we knew at the time that something was changing. After we can connect these experiences to our current situations and recognize what kinds of changes might be imminent, and what ability we have to influence how it happens.

This activity is a variation of a “think-pair-share”, with some time to think about the topic individually at first, then in small groups, then as a whole group.

Part 1: Examining Past Change – *On Your Own*:

1. On your own: think about some important changes in your past personal, professional, or educational life. Consider changes that had a lasting effect – on your day-to-day life, on your relationships, on your knowledge and understanding, on your career. Focus on one of these.
2. For the change that you’ve identified, spend a few moments thinking about the observations that you made that **indicated to you that the change was coming, that it was happening, or that it had happened**. Answer the questions, 1) “how do I know that an important change took place?” and 2) “what did I do, personally, to influence the change? And what about it was completely out of my control?”. Take any notes as you like.
3. Review the SIGNS on the back of this page. For the change that you’ve identified, how might you map these signs into those situations, observations, and events that were part of the change? Which ones seem to apply the most? How did you “change course” in your own directions as a result?

Part 2: Recognizing Ongoing Change – *in groups of 2 or 3*:

1. With your group, share your change situation briefly, and mention at least one sign that you associated with some part of that change.
2. In your discussion, talk about any current “signs” that are indicating to you now that some transition or change is in progress or about to happen.
3. Consider the question: Right now, in your own life, if you had the opportunity to install a sign on your current path, what would you choose? What sign might be needed to help you make progress into and through changes that are important to you right now?

			 <small>W-4 Warning Road</small>	
				
				
				
				
				
				