NCCEP Capacity Building Workshop
Redefining Readiness: Integrating Adolescent Development into your GEAR UP Programming

Reflection Exercise: "I used to think and now I think"

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This closing activity provides an opportunity to reflect on how your thinking about postsecondary and career development has changed over the course of this training. Our framework for this activity is a *thinking routine* created by Harvard's Project Zero called "I used to think…, but now I think…"

Begin this activity with quiet individual reflection. How has your thinking about career and postsecondary development changed since reading/learning about developmental readiness? Reflect on the themes I covered today. How has your thinking shifted? On the back of this page, write responses to two sentence stems: "I used to think…" and "But now I think…" If it's helpful, you may also use variations of these sentence stems, such as: "I used to do X in practice" and "But now I'll do Y in practice."

If time, engage in a reflective discussion with your group about your learning progress and changes in thinking. Share examples of how your thinking has changed.

To learn more about Project Zero's thinking routines, visit http://www.old-pz.gse.harvard.edu/vt/