

**CONNECTING**

• GEAR UP IDAHO •

*Educators*

# Hall of Reflection

For college and career preparation

"REFLECTION. LOOKING BACK SO THAT THE VIEW LOOKING FORWARD IS EVEN CLEARER."

# Hall of Reflection

For college and career preparation



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# WELCOME

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# | About the Hall of Reflection

GEAR UP Idaho developed the Hall of Reflection as a culminating event for the program's summer Youth Summits. It has since been used by many schools and camps as a mechanism to help students purposefully reflect on their overall vision for their future, including the worry and anxiety that may come up along the way.

- The Hall of Reflection incorporates intentional, self-guided, exercises that incorporate writing, creativity, and reflection resulting in a memorable experience for students.
- This resource works as a college and career activity, which includes reflection and goal setting.
- The Hall of Reflection can also be utilized as a mental health and stress reduction activity as many of the activities are designed to reduce anxiety about student's current or future concerns.
- The great part about the Hall of Reflection is that it is an adaptable event that can adjust for its environment and audience. The versatility and intentionality of the Hall of Reflection makes it an exceptional experience for staff, students, and families.

*This facilitator guide is designed to make your job, as the facilitator, as easy as possible. Simply follow the instructions in this guide to set up and introduce the activity and let the students enjoy!*

# | Why the Hall of Reflection

The Hall of Reflection was designed to help students seek peace in their decision-making journey. A 2021 study by American Student Assistance provides insight into Gen Z's decision-making process and the level of stress and anxiety this generation connects to the process of making decisions about their futures.

Gen Z experiences feelings like anxiety, nervousness, and overwhelm around the decision-making process. "Education status/plan" was among the most-reported sources of stress reportedly felt by Gen Z, second only to the pandemic and family life.

Gen Z's decision cycle starts and ends with self-reflection. Here's how their thought process works. A decision arises, and Gen Z moves to self-reflection wherein they think about what it is they want or need. After reflecting, they cycle through the following, drawing them in once they've started down a tentative path:

- Advisors (personal connections and experts)
- Online research (the internet and social media)
- Further self-reflection before they ultimately foreclose on a decision.
- Over half of Gen Z are feeling anxious (60%), nervous (59%), and overwhelmed (51%) before making decisions.

**Source:** How Gen Z Approaches Decision-Making. American Student Assistance. (2021). Retrieved 1AD, from <https://www.asa.org/wp-content/uploads/2022/10/ASA-Gen-Z-and-Decision-Making-Whitepaper.pdf>

# FACILITATOR MANUAL

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# | Logistics & Implementation Ideas

## *Logistics*

- Number of Students: Around 50 in each time slot.
- Time Required to Complete: Around 1 hour but will vary by student.
- Age Groups: Middle school through high school, most effective for 12th grade.
- Setup Time: Around 30 minutes (If booklets and signs are printed)
- Cost: Just over \$200 for a group of 100 students (First time only). Many of the items can be reused and some may be replaced by items that are available at your school.

## *Implementation Ideas*

- Make the Hall of Reflection a tradition for your senior class.
- Set up in the library or other room during a stressful week of school.
- Set up each station in different rooms and ask teachers or volunteers to help facilitate discussion around each activity before students rotate.

# Setting the Scene

## *Print the following items:*

1. Student Guide (enough for each students to have one)
  2. Station Signs
  3. 6-8 copies of the origami instructions.
- Make the lighting in the room as dim as possible (but still bright enough that students can read and write. This gives the students a sense of privacy as they rotate around.
  - Play music at a level that helps drown out the ambient noise. This helps students feel less inhibited as they rotate around to stations with their peers. You may be tempted to play classical or sad music to fit the mood but it isn't necessary, mellow, upbeat music that the students relate to will work best.
  - Place station anchors around the room. A station anchor could be a box, rug, or anything that materials could be set on. Anchors are essentially a visual symbol of each individual station.
  - Place the station signs on each anchor. Place the LED tea light candles around. There should be enough to put 5-6 around each station and scatter others around. Place an LED light (not on strobe mode) at each station. Students can use these if they need more light.

## *Place the following items at each station:*

1. Reach for the Stars: Wood stars, sharpies.
2. Step by Step: Wood blocks, sharpies.
3. Who Am I: Small mirrors.
4. My Future Selfie: Crayons, colored pencils, sharpies.
5. Leaving a Legacy: This station will need to be set up near a wall. Lean the magnetic white board or cork board against the wall. Place the magnets/push pins near the station or put them on the board. Scatter colored slips of paper around the station.
6. A Work In Progress: Ink pads, emoji stamps, dictionary, thesaurus.
7. Release Your Fears: Metal bucket, rocks, sharpies.
8. Break the Mold: Clay or play dough.
9. Music for the Soul: Crayons, markers, or colored pencils.
10. Signed, Sealed, Delivered: Origami instructions



# Student Introduction

Read to students as a group before they enter the activity

The Hall of Reflection is designed to provide a time for you to relax and reflect on your time spent in high school and the steps and choices you need to take to accomplish your goals for the future.

***There are only three rules during this activity:***

1. You must stay in this area until the activity is finished
2. You cannot talk
3. Please do not distract others

As you see, there are stations set up throughout the room. Each station matches up with an activity on your guide. Follow the instructions for each station and use the supplies provided to help you work through each activity. You can write in your guide. It is yours to keep, and feel free to take any of the materials that you write on during the stations (ie: your block, star etc). If you finish early or want to skip a station, you may listen to music quietly, read or just sit back and relax until everyone is done. If you need help processing or want to talk just ask one of the leaders in the room.”

(Make sure each student has a pen before they start the activity)

# | Supply List

- **8 similar objects** that act as “Anchor Points” for each station. These could be gym mats, small rugs, placemats, wooden boxes or any other item that is large enough to be visible throughout your space. These anchor points clearly show students where each station is.
- \***Cardboard** or **wooden stars** students can write on and take with them.
- \***Cardboard** or **wooden blocks** students can write on and take with them.
- **Sharpies** or other markers that can write on wood or cardboard.
- A number of **small mirrors** or a few large framed mirrors.
- 6-10 boxes of **crayons** or **colored pencils**.
- **1 magnetic white board, cork board,** or other object that students can tack, tape or use a magnet to stick paper on.
- Small, **colored pieces of scratch paper** (approximately 3”x4”)
- **4-5 stamp pads**
- A set of small **emoji stamps** such as the ones found or any stamps indicating emotions, thumbs up/down.
- A **metal bucket, paint can, or large bowl** that you can put water in.
- \***Smalls rocks** or **pebbles** (approximately 1.5”-2” in length)
- **10 containers of clay** or **playdough**. The small containers are ok.

# Amazon Shopping List

## Mirrors

[Jetec 25 Pieces Mini Size Acrylic Square Mirror Adhesive Small Square Mirror Craft Mirror Tiles for Crafts and DIY Projects Supplies\(3 Inches\)](#)

## Wood Stars

[300 Pieces Wooden Stars Shape Unfinished Wood Stars Pieces Blank Wood Pieces Wooden Cutouts Ornaments for Craft Project and Christmas Party Wedding Decoration\(1 Inch\)](#)

## Wood Blocks

[Lulu Home Wooden Cubes, 100 PCS 1" Unfinished Hardwood Blocks, Small Wooden Square Blocks for Crafts, Alphabet Blocks, Number Cubes or Puzzles Making](#)

## LED Tealights

[60 Pieces Colorful LED Tea Lights Bulk Candles Flameless Tealight Candle 7 Color Changing LED Tea Lights Battery Operated Fake Candles, White Base Decoration for Wedding, Halloween and Christmas](#)

## Emoji Stamps

[Stampojis Emoji Stamps - Favorites Wooden Rubber Stamp Set w/ 4-Color Ink Pad | Great Educational Toys, Art Set, Craft Kit, Teacher Gifts, Emoji Stocking Stuffers for Kids](#)

## Magnetic Push Pin

[Push Pin Magnets, Office Magnets, Tiergrade 60 Pack 7 Assorted Color Strong Magnets, Use at Kitchen Home and School Classroom Magnets, Magnets for Refrigerator Dry Erase Board and Whiteboard](#)

## Magnetic White Board

[Whiteboard Set - Dry Erase Board 24 x 18 " with 1 Magnetic Dry Eraser, 4 Dry Wipe Markers and 4 Magnets - Small White Hanging Message Scoreboard for Home Office School \(24x18" Landscape\)](#)

## Metal Tub

[Behrens TV205351 Steel OGS Galvanized Round Tub, 5 Gallon, 5-Gallon](#)

## Pebbles

[FANTIAN 5LBS Black Natural Decorative River Pebbles Stones – 1-2 Inch Black Ornamental River Pebbles for Garden Landscaping, Decoravite Rocks, Outdoor Paving Rocks, Decorative Rocks for Plants.](#)

## Metallic Sharpie

[SHARPIE Permanent Markers | Fine Tip | Assorted Metallic Colours | 3 Count](#)

## Round Mats

[Round Pad for Kids Tent 40" Round Rug Missingift Play Floor Mats for Kids Round Padded Mat for Teepee Play Kids Play Tents ...?Deep Blue 100cm?](#)



# Contact GEAR UP Idaho

## College & Career Readiness

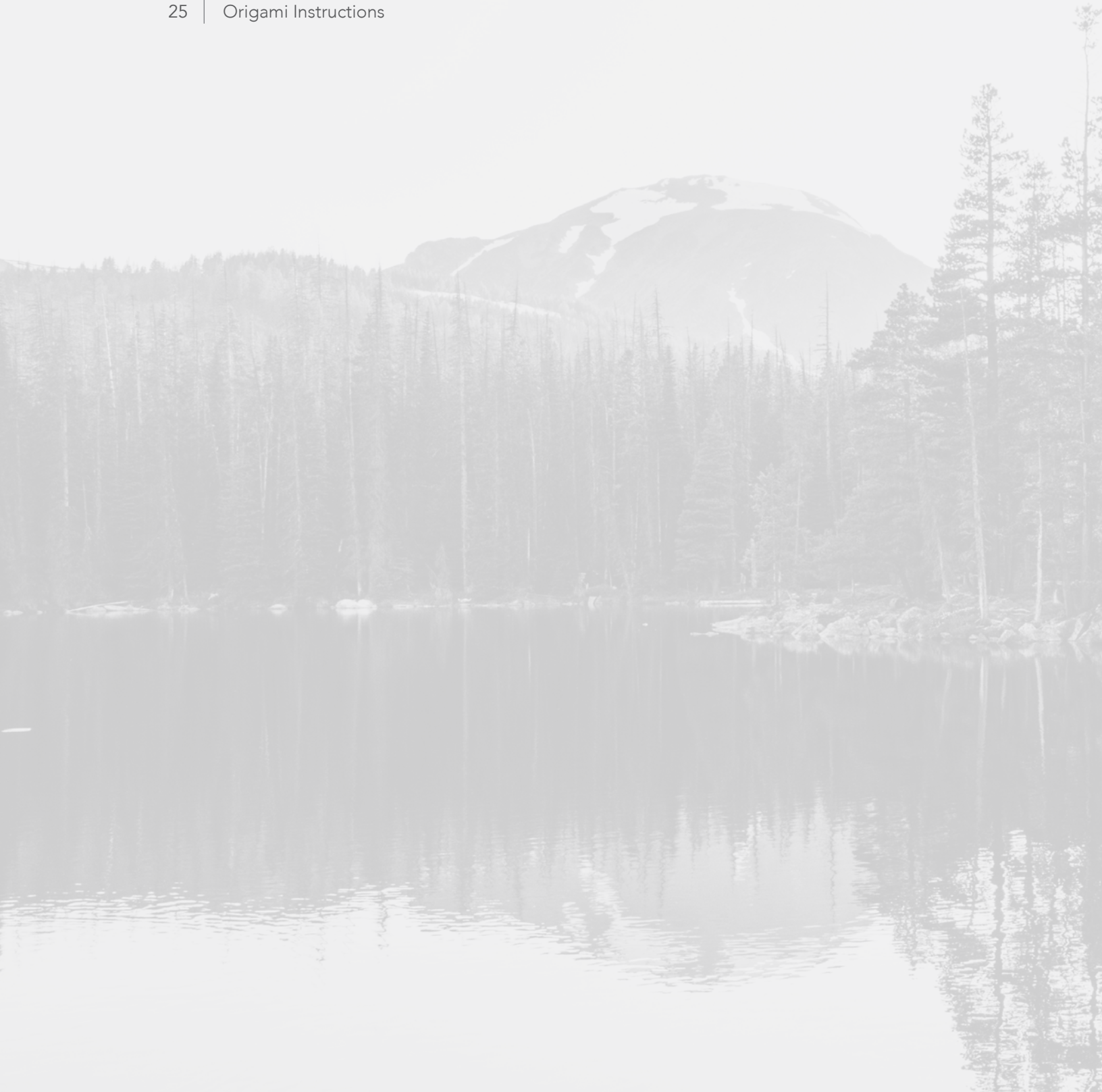
(208) 332-6946

[jdeahl@sde.idaho.gov](mailto:jdeahl@sde.idaho.gov)



# PRINTABLE RESOURCES

- 15 | Signs
- 25 | Origami Instructions



**Reach for the Stars**

# Step by Step



**Who Am I?**

# **My Future Selfie**

# Leaving a Legacy

# **A Work In Progress**

**Release Your Fears**

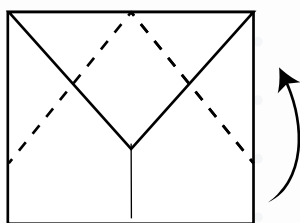
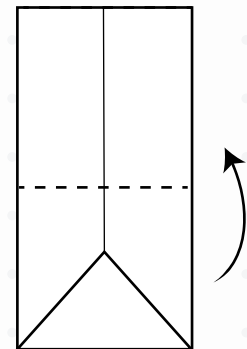
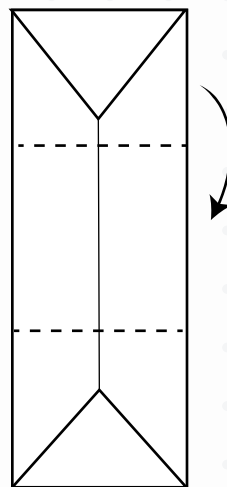
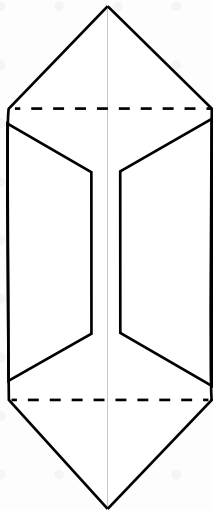
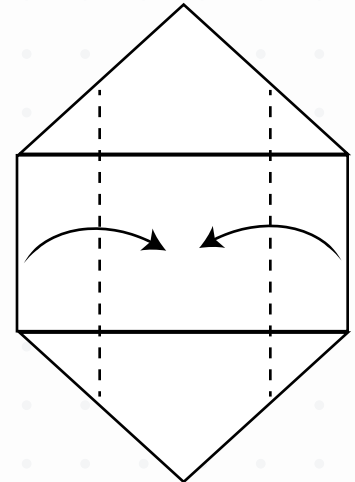
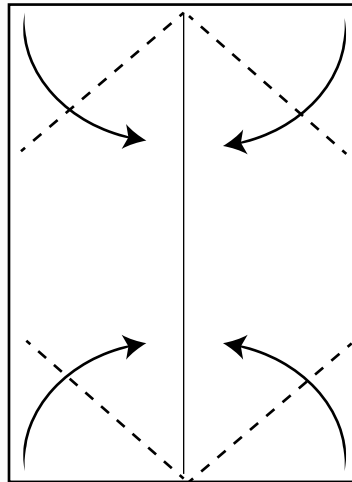
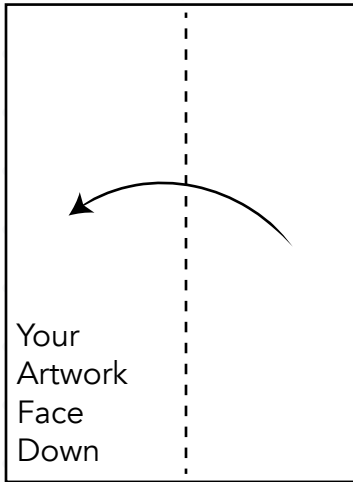
**Break the Mold**

# **Music for the Soul**

**Signed, Sealed, Delivered**



# Origami Instructions



Tuck corners of front layer into flaps on second layer.

# STUDENT GUIDE

27 | Origami Activity





# Hall of Reflection

FOR COLLEGE AND CAREER READINESS

*"Reflection. Looking back so that the view looking forward is even clearer."*

The Hall of Reflection provides an opportunity to slow down and reflect on your present and future situation. The purpose of this experience is to help you think through the path you want to take and the steps you can take to strengthen that path.

and imagination, which can activate many parts of the brain. Silence also allows you to remain fully immersed in your own experience.

The Hall of Reflection has no start or end. Choose the first station that draws you in, and allow that to guide you through the rest of your reflective experiences.

There is only one rule during this time, and it is to remain silent. Silence creates opportunities for self-reflection

### A Work in Progress

As human beings, we are a work in progress. We are always working to improve, grow and overcome. Below are characteristics, traits, and skills that you might already possess, might want to gain, or might want to work on.

**Step 1**  
Use the stamps found at the station to show how you feel about your current skillset by placing a stamp next to each word.

**Step 2**  
Once you are done, identify three skills or characteristics that you would like to work on or grow in and write them in below.

- Compassion
- Time Management
- Personal Health
- Patience
- Discipline
- Punctuality
- Honesty

- Dependability
- Responsibility
- Resilience
- Kindness
- Public Speaking
- Trust

If needed, use the dictionaries provided to clarify any word's meaning.

*"You are allowed to be both a masterpiece and a work in progress, simultaneously."*  
-SOPHIA BUSH

### Step By Step

Making choices about your future can be scary! Thinking about the number of steps you might have to take to get into college, get a job, or even make it out of high school can be overwhelming.

**Step 1**  
Think about the next 6 months. What are six small goals you can commit to completing within this timeline? Write those goals in the white boxes.

**Step 2**  
Now that you have set your short-term goals, grab a block. Write one goal on each side of the block.

Different styles of music will evoke different emotions, so stay in touch with how your emotional state shifts with the music.

Feel free to be as creative as you want. Take the block with you as a reminder of the goals you have set for yourself. Find time to celebrate each and every goal you achieve, no matter how small.

*"Your best champion and cheerleader is yourself. Always be proud of your accomplishments, big or small."* ~AYANNA HOWARD

### Music for the Soul

Music has the innate ability to evoke emotion from people, and it can be a conductor for self-reflection. As you grow and mature, you'll find times where being in tune with your emotions will serve you in positive ways. Take some time to get in touch with your current feelings and thoughts.

While listening to the song, draw or write on the blank parts above with whatever you are feeling at the time.

*"Music is reflection of self."* ~EMINEM

### Final Activity

The results of setting goals and pursuing personal growth are not instant. Time will pass before you see any improvement, sometimes days, sometimes years. The key to remaining on track is to stay dedicated and passionate about your journey. Revisit your goals often, and acknowledge your progress. Use the instructions located at the station to fold your paper into an envelope, and write a date to revisit your work in the space provided.



## Who Am I

An elevator speech is a short "sales pitch" you use to introduce yourself in professional settings. Even if you're not in the market for a job, it is always best to be prepared. A situation where you will need to introduce who you are to a potential employer, scholarship committee or group could be right around the corner!

### Step 1

Look in one of the mirrors and ask yourself, "Who am I?" and then use the prompts provided to write your elevator speech.



*We all change and grow. Find time to update and practice your elevator speech, as it might come in handy one day!*

My name is \_\_\_\_\_, I am \_\_\_\_\_ years old and attend \_\_\_\_\_ High School. In my free time I enjoy \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Some of my strengths include \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Some areas I would like to improve are \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. I am most passionate about \_\_\_\_\_, and I hope to pursue \_\_\_\_\_ to follow that passion. Skills I would like to learn or strengthen include \_\_\_\_\_ and \_\_\_\_\_. I am looking for \_\_\_\_\_ to help me achieve my goals.

*"I am the architect of my life. I build my own foundation, and I choose my own bricks."*

## Leaving a Legacy

A legacy is something you leave behind when you move onto a new phase in your life. Everyone has the opportunity to leave a legacy for those students who are younger than you or others in your community. A legacy can be a physical item, a project that improves your community, a good deed, a movement or idea that impacts the lives of others.

### Step 1

As you prepare for your last few years of high school, think about the type of legacy you will leave behind. Did you positively or negatively impact the lives of your peers? Did you participate in a service-learning project that contributed to the greater good of your community? Did you set a record that others can strive to accomplish? Did you start a club or group that will exist even after you leave your school? You may or may not have answered yes to these questions, but don't worry! You still have time to create your legacy.

### Step 2

What would you like your legacy to be when you leave high school? Community? Family?

What kind of legacy would you like to create in your future?

What advice would you leave to students who are younger than you?

### Step 3

Write your legacies and advice on a piece of paper and pin it to the legacy board. Take a moment to reflect on your response and to appreciate the contributions your peers have posted.

*"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you." ~SHANNON L. ALDER*

## My Future Selfie

Fast forward ten years. What would you like people to think and say about the future you? The choices and actions you make now can impact your future and the way others will perceive you in personal and professional relationships. Imagine someone you know providing a reference for you to a future employer. What would you like them to say about you?

### Step 1

Use the spaces provided to reflect on who you want to become. Draw a self-portrait and fill in the blanks.

### Step 2

List 3 skills and 3 characteristics you hope to possess in the future. Think about what steps you can take now to start growing in these areas.

### Self Portrait

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

*"Your future depends on what you do today." ~MAHATMA GANDHI*

## Release Your Fears

Having fears is a natural part of life. It is common to be afraid of new experiences and to have anxiety over those things that are unknown to us. Think about the next two years of your life. Is there anything that scares you or make you anxious regarding your life now or after high school?

### Step 1

What is causing you anxiety?

Tasks

Fears

Unknowns

### Step 2

Think about the steps you can take or questions you can ask to relieve your anxiety about the items on your list. Who can help you get over these hurdles? Many of our fears and anxieties can be calmed by simply asking questions and taking small steps to get more information. Sometimes we unintentionally create our own anxiety by not being proactive or not letting go of things that are out of our control. Let's practice letting go.

### Step 3

Take a rock and write one of your fears on it. Think about what you can do yourself to relive this fear. Once you have a plan and you have made peace with it, drop your rock into the bucket as a symbol of letting go and moving forward.

Let Go!



*"Release your fears, and you will unlock your growth."*

## Reach for the Stars

Don't be scared, dream big! Setting goals and strategically working towards those goals will not only keep you motivated to grow and learn, but it can open up doors to other opportunities.

### Step 1

Think about the next 10 years of your life. What goals do you hope to accomplish? What milestones do you hope to reach? Write your goals and milestones in the stars.

### Step 2

Pick one goal you wrote down and put it on a wooden star. Reach for that star when you need a reminder of what you're working towards.



*Don't be scared, reach for the stars!*

*"Studies have consistently shown that setting high and specific goals is linked to increased task performance, persistence, and motivation, compared to vague or easy goals." ~LOCKE AND LATHAM (2002, 2006)*

## Break The Mold

Jock, nerd, know-it-all. Stereotypes, good and bad, exist. People we meet will judge us by our past choices, our appearances, or the way we act. Although these sometimes shallow and surface-level judgements may not hold much validity, it is reality.

### Step 1

Use the clay to mold a representation of a negative perception that you think people might hold against you. Write about that perception in the box.

### Step 2

Mold a representation of a positive perception that you would like people to see when they think of you. Write about this perception in the box.

Negative

SMASH IT!



Positive

CHERISH IT! 

*The choices we make, the way we present ourselves, and the purpose by which we live our lives has the ability to change stereotypes and perceptions both personally and for the greater good.*

*"To change ourselves effectively, we first have to change our perception."*

~STEPHEN R. COVEY