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| O- Objective: Facts, Data, and Senses?  - What did you see or notice?  - What caught your attention?  - What sounds or observations do you recall?  - What tactile sensations (did you physically touch the objects to make an observation)? | R- Reflective: Reactions, Heart, and Feelings.  - How did the experience affect you?  - What was the high point?  - What was the low point?  - What was the collective mood of the group?  -How did the group react? |
| I- Interpretive: "So what?"  - What was your key insight?  - What was the most meaningful aspect of this activity?  - What can you conclude from this experience?  - What did you learn from this experience?  - How does this relate to any theories, models, and/or other concept? | D- Decision: "Now what?"  - How, if at all, has this experience changed your thinking?  - What was the significance of this experience to your study/work/life?  - What would you do differently as a result of the experience?  - What would you say about the experience to people who were not there?  - What would it take to help you apply what you learned? |
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