

# On Your Trip

## Reflection Coach

Besides being manager of logistics and safety, the most important role you play on the trip is that of Reflection Coach. To deepen their experiences, girls need to reflect on the day and apply lessons learned to future situations. The reflection process involves two components: group debrief and individual journal writing.

## Group Discussion

At the end of each day, make time to debrief as a group. Besides reflecting on the day's happenings, this is the time for adults and girls to check on group interaction (what's working, what's not) and logistics (next day's plans, meeting time).

## Discuss It!

Guide girls by asking:

- Does anyone have any questions about what we did today?
- What was the best thing about today?
- What was the biggest challenge today?
- What things went well?
- Are there any changes we need to make?
- Did today live up to your expectations? Why or why not?
- Does anyone have an issue she would like to bring up?
- How can we perform better as a group?
- Did anyone have an experience or see something today that could translate into a Take Action project?
- Is there anything you want to change—attitudes or behaviors—to make the group more like the environment you want?
- Is there anything that we are not saying to each other that we need to be saying?

## TripTip:

While traveling:

- Let girls take the lead as much as possible
- Make time for reflecting on the day
- Coach girls to solve problems together
- Have fun

Progress

18-24  
Months

12-16  
Months

8-12  
Months

3-8  
Months

6-8  
Weeks

4-6  
Weeks

On your  
Trip

Back at  
Home

# Journaling

Girls can use journal time to:

- Think critically about their experiences
- Record memories
- Start planting seeds for their Take Action projects

Back at home, girls can re-read their journal entries and recall issues they confronted, topics they felt passionately about, and people, places, and things that inspired them. Encourage girls to keep their journals with them at all times, so they can capture things as they happen.

## Positive Communication

- Make eye contact.
- Listen—girls want to be heard.
- Be mindful of girls' feelings.
- Ask questions, but avoid questions that begin with "why," a word that can put girls on the defensive.
- Paraphrase what you heard to be sure you and the girl are in agreement about what was said.



## G-I-R-L-S: 5 Problem-Solving Guidelines

If your group is facing a big challenge or comes face-to-face with an issue girls cannot agree on (you know it's bound to happen with travel), use the steps below. And remember: The key is to support girls in solving the problem or issue themselves.

### G—Gather the facts.

Sometimes a visual can help a group. Brainstorm and list information on a big piece of paper. Be sure that all sides of the story are represented.

### I—Indicate whether the problem is solvable by you and the girls exclusively.

Think of all the ways the problem can be solved. You may have to include other adults to act as mediators or objective listeners.

### R—Recommend possible solutions as a group.

Discuss the consequences. Some actions may have a positive impact and some may have a negative effect.

### L—Look for a mutually agreeable solution.

You can make decisions in a number of ways: by deciding for the group, by having the group vote democratically, or by having each person take a moment to share her opinion until everyone in the group reaches a consensus.

### S—Solved? Make the solution happen.

Let the girls in your group try to implement their decisions on their own. Provide guidance and reminders to keep them accountable—and thus "responsible for what I say and do"—when needed.