

## **Norm-Setting Reflection Questions**

"Let's see how we followed our own norm agreements today:  
HOW DID WE DO WITH..."

### **...ATTENTIVE LISTENING –**

- How were your experiences or perspectives understood or appreciated when you shared them?
- How satisfied are you with your ability to demonstrate listening?

### **...FOSTERING MUTUAL RESPECT –**

- How safe did it feel to contribute your own ideas?
- If others around you were not on task and distracting you, how confident did you feel in addressing the issue?

### **...ACTIVELY PARTICIPATING –**

- How satisfied were you with the forums for contributing or interacting?
- How well did you take advantage of opportunities to learn by reading or to learn by sharing?

### **...SETTING ASIDE JUDGMENTALNESS –**

- How well did you allow yourself to entertain an opposing viewpoint?
- What discoveries did you make about yourself when working with others as the day progressed?

### **...PERSONALLY CONNECTING –**

- If the topic you studied today was too familiar or not as relevant to your needs, how did you communicate your needs to the facilitators or make the learning more personally meaningful?
- What can you do to strengthen your own engagement or maximize your experience today?