



Reflection: Future Me Letter?

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The process of reflection can be categorized by:

1. **What?**
Report what happened; without judgment or interpretation try to describe in detail the facts and event(s) of the experience
2. **So What?**
Report what you learned or took away from the experience; discuss your feelings, ideas, and analysis; what difference did the event make?
3. **Now What?**
Report how you may think or act in the future as a result of this experience; remember to strike a balance between realistic, reachable goals and openness to spontaneity and change

Take some time to write down your responses in a **FUTURE ME LETTER**. Follow these seven steps:

1. Go to www.futureme.org
2. Enter an email address (note: use your WCU email address or a permanent address that you will check (i.e., Hotmail, Yahoo, Gmail, etc). Your letter will be delivered from the email address: "mailer@futureme.org", so you may want to tell your spam guard to allow mails from that address.
3. Enter a subject for the email (your choice!)
4. Compose Your Letter by touching on the "What, So What, and Now What" components of reflection
5. Select a Delivery Date (note: choose a date during the *next* semester)
6. Click the bubble to make your letter "private"
7. Feel free to add a picture if you'd like and make sure to verify before officially submitting by clicking the "Send to the Future!" button