

Activity Notebook Assignment

The purpose of this assignment is to accomplish the following:

1. To critically reflect on the content presented during the training.
2. To create a resource to improve the student's ability to facilitate.

The activity notebook is due during the final exam. The notebook should include the following:

1. Comprehensive list and brief description of all games and initiatives introduced during the 5-day training. (20 pts.)
2. Describe at least three techniques or strategies for implementing challenge by choice. (10 pts.)
3. Explain the four components of the experiential learning cycle. (10 pts.)
4. Evaluate at least five methods or techniques for effective processing of experience learning. (10 pts.)
5. Evaluate three methods for implementing a full value contract. (10 pts.)
6. Articulate the role and process of goal setting in the context of the experiential learning cycle. (10 pts.)
7. Outline the components of a quality group briefing before starting a challenge course experience. (10 pts.)
8. Contain notes and reflections from the 5-day training. (20 pts.)

POINTS

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|------------|-----|
| 100 to 90 | = A |
| 89 to 80 | = B |
| 79 to 70 | = C |
| 69 to 60 | = D |
| 59 & below | = F |