UCONN Café Final Reflection Assignment
(10% of grade)

Choose any 5 of the following to reflect on. I only expect two to three paragraphs for each of your responses, but I do expect these brief writings to demonstrate that you have given some thought to your answer.

1) Did you feel that you connected with any one child more than others? In what way? Why do you think you felt this connection? How does that make you feel about working in this type of community setting?

2) Think of the majority of the children at your site. What were one or two of their favorite interests? How could you use these interests to promote healthy eating behaviors?

3) Describe one incident where you felt a child was disruptive to your lesson. How did this make you feel? What, if anything, do you think you could have done differently to improve the situation?

4) Did you ever talk with a child about their food likes and dislikes? If so, what were some of the reasons they said they did or did not like certain foods?

5) Describe one incident that reinforced or contradicted something you have learned in one of your college courses. How did this instance make you feel about what you learned? Did it affect your academic learning in any way?

6) What types of nonverbal communication did you receive from the children? Describe a few of the nonverbal behaviors and your interpretation of them. What are some potential alternative interpretations?

7) What did you learn from the children about the community they live in? What are some of the strengths and weaknesses of the community that we need to consider when conducting nutrition education?

8) Select one child. What did you learn from this child about his/her family? How does the family situation influence their food intake?

9) Can you recall on incident where you may have been interpreting the behavior of a child or staff member according to your “reality” (or perspective) but recognize that their “reality” could be different? Describe the incident and various interpretations for the behavior.

10) Did your feelings or expectations about any child change over the course of the semester? What were your initial feelings/expectations and why? What caused them to change? What were your feelings/expectations about this child at the end?

11) Describe your most satisfying moment when interacting with one child. What made this moment a success for you? How do you feel it was a success for the child? What did you and/or the child do that could be replicated in future encounters, or in encounters with other children, to increase the likelihood of satisfaction on all sides?

12) Describe one instance that was particularly challenging when working with a specific child. What was your initial reaction? How did you handle the situation? Why do you think the child acted as they did? In retrospect, now having time to think and relax, how else could the situation have been handled?