



Volunteer Experience Reflection Journal

Introduction

This journal helps you process your volunteering experiences, track your growth, and identify learning opportunities.

How to use this journal:

- ❖ Complete entries regularly, for example after each session, every week, or every month
- ❖ Be honest about your experiences, you don't have to share this with anyone if you don't want to
- ❖ Focus on both challenges and successes

Session Details

Date:

Organisation:

Role/Activity:

Duration:

Location:

What Happened

Main activities I was involved in:



People I had the chance to interact with:

Successes & Achievements

What went well:

Skills I used and how I used them:



Positive feedback I received:

What impact did I have (how did I improve the experience of others, help people to participate, or make things more enjoyable)?:

Challenges & Learning

Challenges I faced:



How I responded:

What made it difficult:

What I learned from the challenges:



What I might do differently next time:

Skills I want to work on:

Emotional Processing

How I felt at the start of sessions:

- Excited
- Nervous
- Confident
- Anxious
- Full of energy
- Tired
- Other:



How I felt during the activities:

- Confident
- Overwhelmed
- Unsure of what to do
- Well-supported
- Not supported enough
- Stressed
- Other:

How I felt at the end:

- Accomplished
- Exhausted
- Satisfied
- Frustrated
- Motivated
- Drained
- Other:

If you felt any negative or uncomfortable emotions, what do you think caused them?



How did you handle them at the moment?

Can you think of anything that would have helped to support you?

Relationships & Teamwork

Someone who helped me:

- **Who:**
- **How they helped:**
- **What I learned:**



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How I helped others:

People I'm getting along with:

Communication

Feedback I gave to others:



Feedback I received from others:

If you received feedback, how will you use it to improve next time?

Problem-Solving

Problems that arose:



What I did to solve the problem:

Who helped me with the problem:

Looking Forward

What I want to remember for next time:



Things I'll do or prepare differently:

Questions I want to ask:

Can you think of any adjustments you could ask for that would make your role easier for you?