

Post Trip Process and Reflection: “Now What?”

Session outline:

I. Present Power Point of Student responses to the following questions:

- A. After returning home from the immersion trip, what did you discover you most needed in helping you process the trip?
- B. What could have been done better to help you transition back into your life here at MU? What didn't need to have happened?
- C. The meetings after the trip are different than before the trip, in your opinion, what makes them different and what could be done to take that into consideration? (The obvious to this is the difference is the actual trip, but there is more to this such as attitudes, awareness, personal strength, etc.) What was different in you? If nothing, that is fine.

II. Ignatian Pedagogy –

A. Define – Reflect, Act, Reflect

Reflect = Pre-Trip – Education, community service, retreat, trip preparation, fundraising

Act = Immersion Experience,

Reflect = Education, community service, retreat time, trip dissemination. --- Same questions but brought more inward into personal discernment,

- Cycle of reflection and process for immersion
Pre- trip, Trip, Post- trip
*all affecting and building upon each other so that pre and trip sets good things up for post.
- Import to provide language to help with the discernment and transformation process. Keep asking the same questions but at different times of the Pedagogy model – Why are we going to Belize?, Who are the Poor?, What does this mean for the people of Milwaukee?
- Purpose of entire experience is to promote a depth of thought and imagination for a new world and how we live in it. – comes from both Kolvenbach and Nicholas, this may be within their own vocation or within their personal global connection.

III. Large Group Brainstorming – Share ideas for Post – trip reflections:

- Post trip local service
- Writing a letter to someone at service/immersion site.
- Vocational plan discussion – Now that you know, what does it mean for your vocation? How does this move your major into a vocation and not just a career?
- Getting involved with social issues on/around campus.
- Mentoring past participants with newly returned participants
- University has a post trip reflection night where all study abroad participants have the capacity to talk with other students to “normalize” their experience and feel connected to a community of people who are part of this “now knowing” group.
- Be realistic/prep students for Post-trip blues before and during trip so that they know it is normal.
- Deeper understanding of who is our neighbor and what issues are affecting them – I know what I can do to do something, even if I am just one person.

Other notes:

Post Trip Joys:

- New respect of self, “ I can do this, I jumped off a 30’ cliff”
- Value of living in community

Post trip struggles:

- Overwhelmed with privilege which causes them to sell/give away things and drop their major!
- Disconnect of there (the utopia of service site) and here (the evil of American reality) “My life focus/purpose is no longer the same and I'm lost with no apparent resources to help me so I want to go back where it was easy to wake up, love others and walk simply.”

Our goal is build a safety net of understanding and skills to process through the experience. Despite all the meetings we set up, it is still up to the individual to process this personally within their own identity. This may take days, weeks, or years but it does happen.

Resources:

<http://www.usccb.org/issues-and-action/human-life-and-dignity/vatican-statements-on-social-justice.cfm>

Vatican Statements on Social Justice

Vatican/USCCB links for domestic Poverty

<http://www.usccb.org/issues-and-action/human-life-and-dignity/poverty/domestic/>

Vatican/USCCB links for global Poverty

<http://www.usccb.org/issues-and-action/human-life-and-dignity/poverty/global/>

Bishop Kenneth E. Untener. How Should We Think About the Poor? Catholic Update,

<http://www.americancatholic.org/Newsletters/CU/ac0792.asp>

Ivan Illich. "To Hell with Good Intentions" An address by Monsignor Ivan Illich to the Conference on InterAmerican Student Projects (CIASP) in Cuernavaca, Mexico, on April 20, 1968.

Dean Brackley, S.J. "Crosses and Resurrections: Good News from Central America" 2009 Archbishop Romero Lecture.

William C. Spohn, The Chosen Path, America, July 21, 2003

Jo Ann Van Engen. "The Cost of Short Term Missions," The Other Side. January & February.

April Gutierrez, "Service Can Change Others' Lives as Well as Your Own," NCR, October 20, 2011.

Andre Smith Shappell & Sofia Barbato "Post-Immersion Reflective Practices," Journal of College and Character, Volume II, No. 3, September 2010.

Doris Donnelly, "Pilgrims & Tourists: Conflicting Metaphors for the Christian Journey to God," Spirituality Today, 44, Spring, 1992 pp. 20-36

Paul Locatelli, S.J. "The Catholic University of the 21st Century: Educating for Solidarity"

Rev. Peter-Hans Kolvenbach, S.J. "The Service of Faith and the Promotion of Justice in American Jesuit Higher Education" Speech given at Santa Clara University, October 6, 2000.

Stephen A. Privett, S.J. "Education Beyond the Comfort Zone"

Prayers for inclusion of Ignatian Spirituality within the process of Post-Immersion:

1. Prayer: Solidarity and Poverty In Words
2. Ignatian Reflection for Post-Immersion Experience
3. Progress Report by Amanda Wolff

Other:

1. Charity vs. Justice Information sheet
2. Elements of Reflection – Real life application as we walk through the neighborhood.
3. Pastoral Circle
4. Quote on Complacency
5. Excerpts from "Mountains by Mountains" and a letter written by a JVI Volunteer.