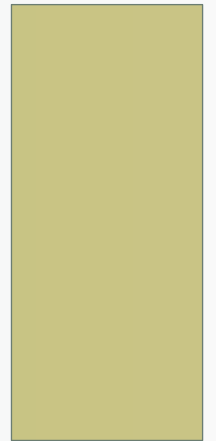


POST TRIP PROCESS AND REFLECTION

STUDENT'S PERSPECTIVES



**After
returning
from your
trip, what did
you need to
process the
experience?**



1. I need to be able to talk with my friends about my trip.
2. I needed to reconnect with the group on the trip and relive the moments, both good and bad.
3. I needed a chance to relax and take time away from my daily life in order to reflect on all the people, the experiences we had, the ways in which our societies are different, and other societal differences that I experienced.
4. I thought after returning we were left bare and vulnerable. It helped to have someone to talk to and who understood what I was going through. I needed someone to tell me that what I was feeling was normal and I needed ways to cope with feelings.
5. I needed to discuss and share my experiences. I did this by writing to those who supported me and I spent a lot of time with my fellow travelers.
6. I needed help figuring out how I could integrate my experience in Belize with my daily life at Marquette.
7. I had a hard time processing the trip because I immediately had to throw myself back into school work and activities. I needed more time to internally reflect on the experience, but I couldn't do it for myself because I had to get right back into the college life. Listening to the rest of the group verbalize their processing helped me with mine.
8. It felt like my life was so tedious and unworthy compared to life in Belize. I wanted to make a deeper contribution to the poor in Milwaukee and yet I got right back into the everyday life of school, computers and possessions.

**What could
have been
done better to
transition
you into your
life in school?**



1. More informal group meetings would have been nice.
2. I would have loved to hear back from the community we served. It would have been nice to have some follow up with them.
3. I would like to help prepare the next group with little reminders and helpful hints.
4. I really liked how we were asked how we were going to keep the community of Belize with us. We were prepped in beginning to conceptualize that there are in face ways to make the trip a part of our daily lives back in the “real world.” Having structured and honest conversation right before we left Belize talking about the transition would have been helpful. Even something as simple as reminding us everyone won’t wave to you in Milwaukee!
5. I needed the post trip discussions to be sooner. I needed us to do more things as a group afterwards. I felt we were close and then all of a sudden, nothing. We could do fundraising for next year or something as a group to keep the community going.
6. I would have liked an overnight gathering where we could discuss some of our thoughts/feelings about being back at school.
7. An overnight retreat afterwards would have been great. I didn’t start my internal reflection until the first meeting back 3 weeks after trip. There I was forced to and I really needed it before then and couldn’t do it for myself.
8. Taking the post trip reflections into a new direction would be also helpful. I took the time to go through a book discussion on living simply and this helped me stay mindful in my life at Marquette.

Further comments from Students:

“After the trip, we definitely did change and helping us maneuver around that was helpful. Understanding what we just learned and conceptualizing that is good because it gives us an action plan on how to move forward with what we just experienced. We had bonded as a group and created relationships with each other and learned more about ourselves. I guess that the meetings after the trip are charged with a different type of energy that has the potential to be activated and directed in a really positive way.

“The major difference in me was instead of just talking about being present in the moment, loving others unconditionally, and issues of social justice was being aware enough to implement these actions in my daily life through various ways. Finding the greatness in the simplicity of life was a liberating feeling for me and has really shifted some of my priorities and what I value most in my day to day routine.”

“Some people were definitely more defeated/conflicted at the post-trip meetings compared to those before because of the things they saw and questions that the trip caused.”

