The process of reflection can be categorized by:

1. **What?**
   Report what happened; without judgment or interpretation try to describe in detail the facts and event(s) of the experience

2. **So What?**
   Report what you learned or took away from the experience; discuss your feelings, ideas, and analysis; what difference did the event make?

3. **Now What?**
   Report how you may think or act in the future as a result of this experience; remember to strike a balance between realistic, reachable goals and openness to spontaneity and change

Take some time to write down your responses in a FUTURE ME LETTER. Follow these seven steps:

1. Go to [www.futureme.org](http://www.futureme.org)

2. Enter an email address (note: use your WCU email address or a permanent address that you will check (i.e., Hotmail, Yahoo, Gmail, etc). Your letter will be delivered from the email address: “mailer@futureme.org”, so you may want to tell your spam guard to allow mails from that address.

3. Enter a subject for the email (your choice!)


5. Select a Delivery Date (note: choose a date during the next semester)

6. Click the bubble to make your letter “private”

7. Feel free to add a picture if you’d like and make sure to verify before officially submitting by clicking the “Send to the Future!” button