

MODULE VII ACTIVITIES LIST

Involving Men in Sexual and Reproductive Health: Conclusion

SLIDE 6

Self-Reflection: A Closing Exercise

(Source: Family Health International)

Estimated time: 10-20 minutes

- Ask participants to think about the ideas and information they have learned during the workshop. Then ask them to write on a piece of paper responses to the following sentences:
 - ⇒ This workshop has taught me...
 - ⇒ I was surprised to find...
 - ⇒ I want to share with others...
 - ⇒ I am committed to...
 - After about five minutes, ask participants to share their responses with the neighbor on their left.
 - If enough time permits, ask participants to share their responses with the larger group. While participants are talking, summarize their responses on four pieces of flipchart paper with the following headings: 1) "This workshop has taught me...;" 2) "I was surprised to find...;" 3) "I want to share with others...;" and 4) "I am committed to..."
 - Another alternative would be to ask participants to give you their written notes, maintaining anonymity, so that the responses can be used for evaluation purposes.*
- * It is important to note that the Self-Reflection exercise may appear to duplicate some of the questions on the Evaluation Form. However, it is strongly recommended that both the exercise and the workshop evaluation be done, as the information being collected is for complementary, but different, purposes.

The goal of the Self-Reflection exercise is to encourage participants to begin thinking about what the workshop has meant to them and how they can apply what they have learned in their work. The primary goal of the Evaluation Form is to assist the facilitator in understanding what parts of the workshop were most useful, what parts could have been improved and whether gender issues were adequately addressed.