

### Learning Activity 8.1 Reflecting on your past experiences

Reflect on the times that you have engaged in group work. If you do not have any group work experiences, think about the discussions and collaborative elements of your course or unit so far. What emotional responses come up for you when working with others? Try to be as specific about your emotions as possible. Rather than using general words like 'angry' or 'happy', try to use more descriptive words such as 'fearful' or 'accepted'. What do these emotional responses reveal about how you navigate group work? Why do you think you feel this way, and how can you use this knowledge to improve your future group work experience? What strengths do you have when working in this space?