Guidance: Personal Reflection

As an adult, you have had a variety of experiences with guidance both positive and negative. It is important to take time to reflect on these experiences as they may help you as you begin to develop techniques for guiding positive behavior in your school-age learning environment.

Take a few moments to think about what guidance means to you. What experiences have shaped the way you think about child guidance? Respond to the questions below. Share your responses with a supervisor, trainer or coach.

1. When you were a child, how did the important adults in your life guide you to make good choices?

2. When you were a child, how did the important adults in your life express approval? Disapproval?

3. How did adults motivate you as a child or youth?

4. How have these experiences influenced how you view adults’ interactions with children?