Integration

Am I being proactive? Am I doing what I wanted to do? Am I learning new things? Am I discovering likes, dislikes, and new ways of approaching ideas and problems?

Answer the following questions to begin the integration process.

**Situation:**
Am I searching out experiences that match my desired outcome? Have I contacted people? Have I applied? Am I where I want to be?

**Task:**
Do I have responsibilities in my experience? Are these tasks helping to get my desired outcome?

**Action:**
What kinds of tasks will give me the actions that I want?

**Result:**
What kinds of experiences should I choose that will give me my desired tasks and actions that will then give me my desired result?
Evaluating Your Potential Experiences

Use the following rubric to determine what components make up an experience and the level of expectations of those components from the experience provider. You can input your own expectations as well in order to determine what kind of experience you would like. Use this chart throughout your experience in order to determine if you are continuing to align your expectations and if you need to alter your expectations or experience.

<table>
<thead>
<tr>
<th>Aligning Expectations</th>
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<tbody>
<tr>
<td>Component</td>
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<tr>
<td>Intention</td>
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<tr>
<td>Integration</td>
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<tr>
<td>Reflection</td>
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Prospective:
1. Choose an experience
   2. List the components of the experience that are actionable
   3. Fill in what you, as the student, expects or will do for that component
   4. Fill in what the experience provider expects of you

Retrospective:
1. Choose what components you would like to have in an experience
   2. Fill out what your expectations of the components would be
   3. Choose experiences that have those components
   4. Fill out the provider expectations for those components to see if they align with yours