



WELCOME TO YOUR

WORKBOOK

PLAY

RECR 2288

THIS BOOK BELONGS TO:

This book will be the working journal for your course, with many required assignments taking place in these pages. Be prepared to use this book in many creative ways....



WELCOME TO YOUR PLAYBOOK!

IN THESE PAGES...

You will explore who you are, where you are going and how you can get there.

COURSE LEARNING OUTCOMES:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.




COURSE INTRODUCTION

ALL ABOUT ME

Introduction:

This week you'll reflect on who you are in this moment in time, and how you came to be here.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
 - Articulate the benefits of continual professional development and life-long learning.
 - Design and implement a personal portfolio including a Self-directed learning plan and personal strategic plan.
 - Assess their own individual skill set as a professional in the recreation field.
 - Advance their individual skill set in the field of recreation through experiential-based learning and/or professional
 - Development/certification completion.
- 

PERSONAL INVENTORY

WHO ARE YOU?

FULL NAME:

PREFERRED NAME:

BIRTHDAY:

LOCATION OF BIRTH (COLONIAL AND [traditional names](#)):

FAMILY MEMBERS:

PETS:

FAMILY HERITAGE:

CULTURAL HERITAGE:

WHERE HAVE YOU TRAVELLED?:

WHERE DO YOU WANT TO TRAVEL?:

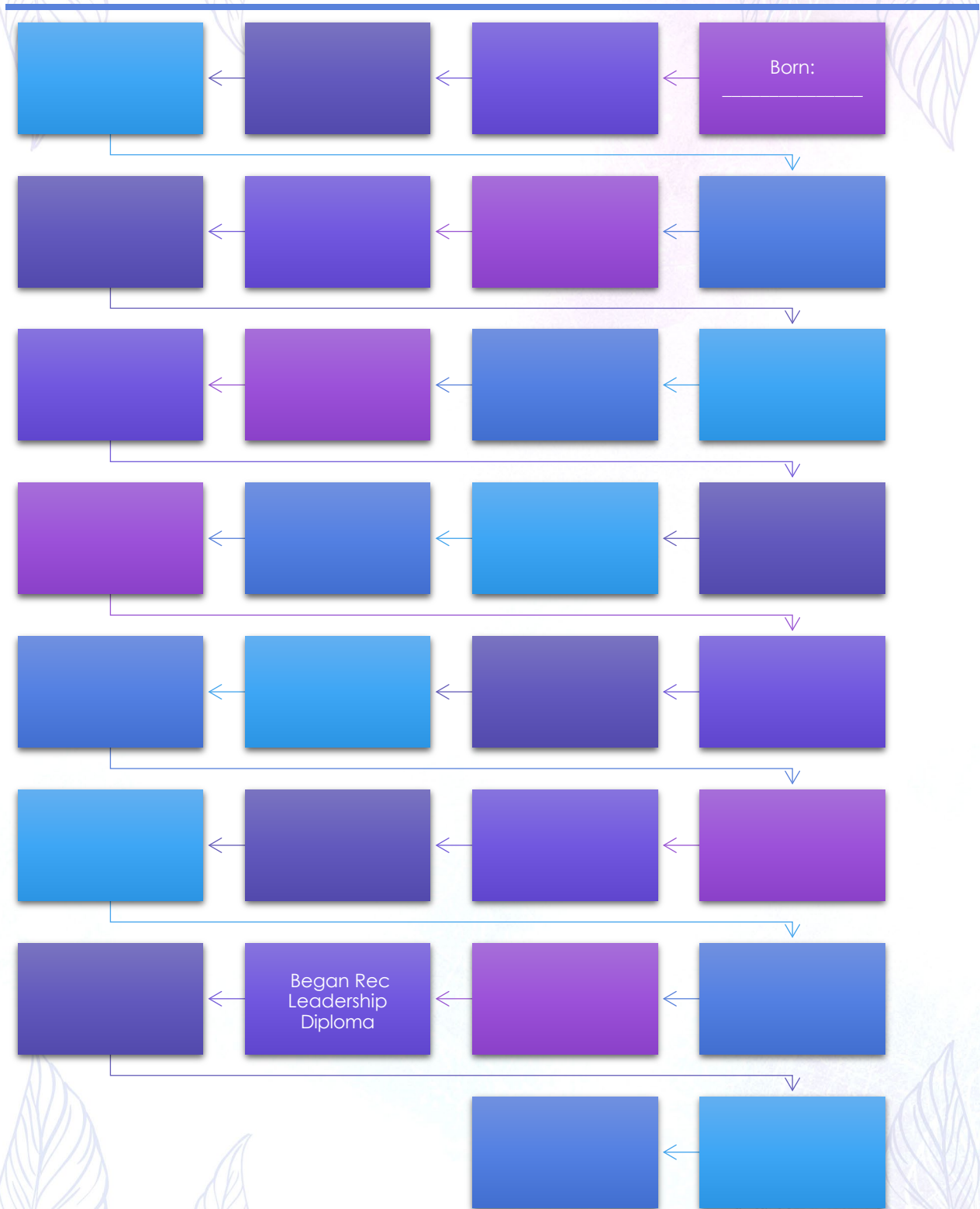
WHAT'S YOUR FAVOURITE FOOD?:

YOUR LEAST FAVOURITE FOOD?:

WHAT DO YOU DO WHEN YOU'RE SAD?:

WHAT DO YOU DO TO CELEBRATE?:

MAP OF MY LIFE



DIG A LITTLE DEEPER

HOW DID YOU COME TO BE HERE? TAKE A MOMENT TO FREE WRITE WHAT YOU KNOW OF YOUR FAMILY HISTORY. WHO ARE YOU GRANDPARENTS? YOUR GREAT GRANDPARENTS? WHERE ARE THEY FROM? MOST OF US WILL BE SETTLERS HERE ON THIS LAND, TAKE SOME TIME TO REFLECT ON YOUR FAMILY'S JOURNEY TO THIS SPACE, AND HOW IT HAS INFLUENCED AND AFFECTED YOU. ARE YOU CONNECTED TO YOUR HERITAGE'S CULTURE? WHY OR WHY NOT? BE OPEN TO WHATEVER CURIOSITIES ARISE AS YOU WRITE HERE. USE THAT CURIOSITY AS FODDER TO LEARN MORE ABOUT YOUR PERSONAL HISTORY, AND DIG DEEPER INTO THESE QUESTIONS ON YOUR OWN TIME. MOST IMPORTANTLY: HOW DOES YOUR FAMILY HISTORY INFLUENCE WHO YOU ARE TODAY?

COURSE INTRODUCTION REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.



VISION/MISSION/ VALUES

PERSONAL STRATEGIC PLANNING

Introduction:

This week you're going to connect with your community through informational interviews and cultivate a deeper sense of self through creating an understanding for your vision of where you'd like to be in recreation and in your life.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

INTERVIEW # 1:

Q:

A:

Q:

A:

Q:

A:

Q:

A:

Q:

A:

*“Learn from the mistakes of others. You can’t live long enough to make them all yourself.”
- Eleanor Roosevelt*

INTERVIEW # 2:

Q:

A:

Q:

A:

Q:

A:

Q:

A:


Q:

A:

“A Wise Person knows that there is something to be learned from everyone”

INTERVIEWS & VISION/ MISSION/VALUES REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.



PROFILE YOUR STRENGTHS

SELF-AWARENESS EXPLORATION

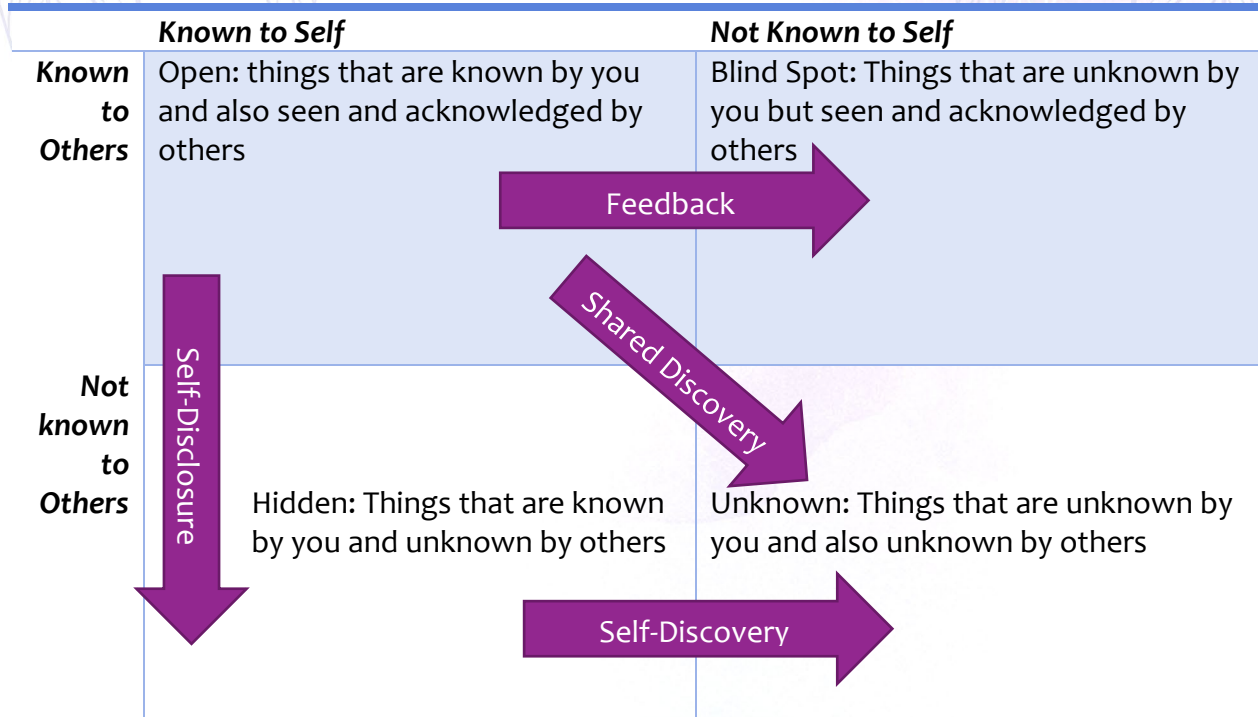
Introduction:

This week we are going to learn about our personal strengths and what we know about ourselves as recreational professionals.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

JOHARI'S WINDOW



Instructions on how to fill this out can be found on Brightspace, or by [clicking here](#).

	Known to Self	Not Known to Self
Known to Others		
Not Known to Others		

REFLECTION ON JOHARI'S WINDOW

Do you feel the results of this test are accurate? Why or why not? How has this test given you greater self-awareness?

REFLECTIONS ON THE 4-QUADRANT PERSONALITY TEST

Do you feel the results of this test are accurate? Why or why not? How has this test given you greater self-awareness?

REFLECTION ON THE 8 INTELLIGENCES TEST

Do you feel the results of this test are accurate? Why or why not? How has this test given you greater self-awareness?

REFLECTION ON THE VARK QUESTIONNAIRE

Do you feel the results of this test are accurate? Why or why not? How has this test given you greater self-awareness?

PERSONAL STATEMENTS

Taking a moment to reflect on any insights that you have gleaned from the work and assessments we have done this week and last semester in 1162. See if you can come up with 10 or more statements that encompass some of your takeaways.

1. E.g. I can play to my strengths by ensuring that I learn things through multiple ways of knowing, for example listening, reading and watching.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

PROFILE YOUR STRENGTHS REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.



REFLECTIVE PRACTISES & WELLNESS

REFLECTIVE PRACTISE EXERCISES & LEARNING ABOUT WELLNESS

Introduction:

This week you will look at different areas of wellness, where you feel you are and where you would like to go with regards to each area.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

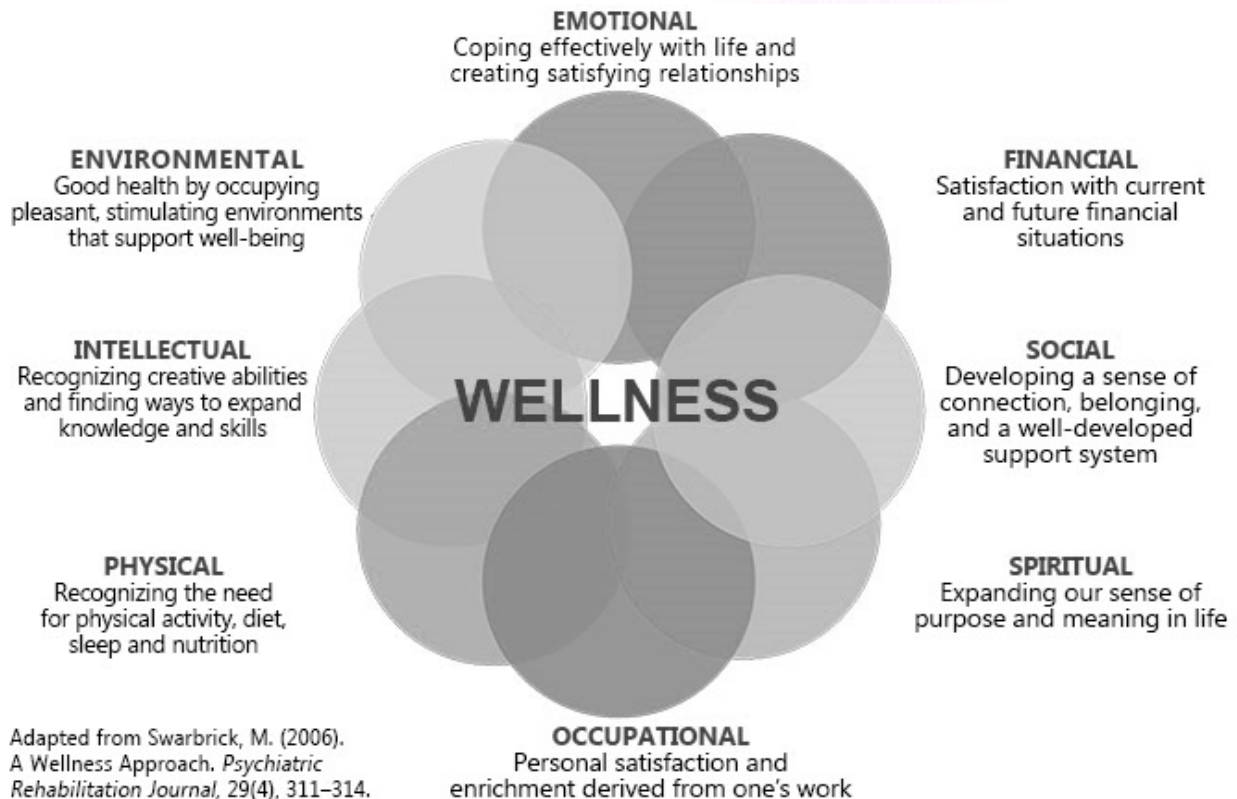
REFLECTIVE JOURNALING: DAY ONE

REFLECTIVE JOURNALING: DAY TWO

REFLECTIVE JOURNALING: DAY THREE

WELLNESS WHEEL

Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. This model includes social, emotional, financial, spiritual, environmental, occupational, intellectual and physical wellness. Each of these eight dimensions act and interact in a way that contributes to our own quality of life.



***"Your life only gets better when you do.
Work on yourself and the rest will follow."***

PHYSICAL WELLNESS

Physical wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (routine checkups, a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR PHYSICAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

"Exercise is a celebration of what your body can do. Not a punishment for what you ate."

SOCIAL WELLNESS

Social Wellness is the ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our Social Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR SOCIAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

Good relationships are like stars. You don't always see them but you know they're always there.

FINANCIAL WELLNESS

Financial wellness is about a sense of security and feeling as though you have enough money to meet your needs. It's about being in control of your day-to-day finances and having the financial freedom to make choices that allow you to enjoy life.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR FINANCIAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

"Abundance grows from the seed of gratitude"

EMOTIONAL WELLNESS

Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR EMOTIONAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

"Feel what you need to feel and then let it go. Do not let it consume you."

- Dhiman

SPIRITUAL WELLNESS

Spiritual Wellness is the ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR SPIRITUAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

“When my personality comes to fully align with the energy of my soul and I allow my soul to be the guide, that is when I am most powerful.”

- Oprah Winfrey

ENVIRONMENTAL WELLNESS

Environmental Wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, be it our homes, our communities or our planet contributes to our Environmental Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR ENVIRONMENTAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and one another.”

-Ghandi

OCCUPATIONAL WELLNESS

Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR OCCUPATIONAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

“Pay attention to the things that you are naturally drawn to. They are often connected to your path, passion and purpose in life. Have the courage to follow them.”

-Ruben Chavez

INTELLECTUAL WELLNESS

Intellectual Wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.

TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW FOR YOUR INTELLECTUAL WELLBEING

NOW TAKE A MOMENT TO WRITE ABOUT WHERE YOU WOULD LIKE TO BE

“Education is not preparation for life. Education is life itself”

-John Dewey

REFLECTIVE PRACTISES AND WELLNESS REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.



PROFESSIONAL PROFILE

RESUME & COVER LETTER

Introduction:

This week we will be working on crafting a professional resume and cover letter. We will also start to apply our wellness reflections from last week to create a personal strategic plan that reflects our authentic self. The pages below can be used to draft for Personal Strategic Plan.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

PERSONAL STRATEGIC PLAN

PLEASE NOTE THAT YOU WILL NEED TO HAND IN THE PSP CREATED FROM THE TEMPLATE ON BRIGHTSPACE, AND THIS SPACE IS SIMPLY FOR BRAINSTORMING AND PLANNING

VISION (FROM WEEK TWO)

MISSION (FROM WEEK TWO)

VALUES (FROM WEEK TWO)

GOALS:

PHYSICAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

SOCIAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

EMOTIONAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

INTELLECTUAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

SPIRITUAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

FINANCIAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

OCCUPATIONAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

GOALS:

ENVIRONMENTAL

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

LONG TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

SHORT TERM GOAL:

OBJECTIVES:

- 1.
- 2.
- 3.

PROFESSIONAL PROFILE REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.



PROFESSIONAL PROFILE CONT.

CREATING & MANAGING PERSONAL IDENTITY

Introduction:

This week you'll assess the different ways you present yourself to the world, and check that it's in alignment with the authentic self you've uncovered through the previous coursework.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

ONLINE PRESENCE

What social channels are you on right now?

Instagram

Other...

Facebook

Twitter

LinkedIn

TikTok

Go online and review each of your channels without changing anything. Are you presenting your authentic self?

PLATFORM: _____

What I like...

-
-
-

What I would change...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I would change...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I would change...

-
-
-

ONLINE PRESENCE

Review each of your channels as if you were an employer tasked with hiring yourself. Are you presenting yourself in a professional manner? Is there anything that you could be perceived as unprofessional

PLATFORM: _____

What I like...

-
-
-

What I find unprofessional...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I find unprofessional...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I find unprofessional...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I find unprofessional...

-
-
-

PLATFORM: _____

What I like...

-
-
-

What I find unprofessional...

-
-
-

PROFESSIONAL PROFILE CONT. REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.

PROFESSIONALISM IN RECREATION

RECREATION PANEL

Introduction:

This week we will be joined by a panel of recreation professionals to discuss professionalism in recreation.

Learning Objectives:

- Define and describe the concept and the key methods of reflective practice in recreation.
- Articulate the benefits of continual professional development and life-long learning.
- Design and implement a personal portfolio including a self-directed learning plan and personal strategic plan.
- Assess their own individual skill set as a professional in the recreation field.
- Advance their individual skill set in the field of recreation through experiential-based learning and/or professional development/certification completion.

QUESTIONS

FOR THE PROFESSIONALISM IN RECREATION PANEL

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

TAKEAWAYS

FROM THE PROFESSIONALISM IN RECREATION PANEL

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

NOTES ON CMHA

NOTES, THOUGHTS AND REFLECTIONS ON THE RWR WORKSHOP

•

•

•

•

•

•

•

•

•

•

•

•

•

•

•

PROFESSIONALISM IN RECREATION REFLECTION:

WHAT STOOD OUT FOR YOU THIS WEEK? TAKE A MOMENT TO REFLECT ON YOUR COURSE WORK AND WRITE DOWN ONE OR MORE KEY TAKEAWAYS.