

# Reflection Questions about Covid



It is good to allow a safe space for your mentee to talk about their experience so far with Covid, the quarantine and even coming back to school under different conditions than they are used to.

Here are some reflection questions you could answer for yourself and ask them in your correspondence with them. Don't be afraid to bring up the subject, but don't force them to stay on the topic. Like always, follow their lead and lead by example. If you ask it of them, you have to be prepared to answer it yourself.

## Back-To-School Reflection Qs by @BarbaraGruener



What was the shelter-in-place experience like for you?

What did you like/dislike about staying home?

What do you wish you could have changed?

What did you miss about school? What didn't you miss?

What was the easiest part? The hardest part?

What kindness did you see or hear about?

When did you experience empathy?

How did you show courage?

What were you scared about? Angry about? Sad about?

What did you learn? What do you not want to forget?

What are you hopeful for as we move forward?

What do you anticipate wanting/needing at school this year?