

## What Brings You Joy?

### The Experiential Learning Cycle (Kolb, 1984)

In this activity, you will explore your interests in relations to major and/or career discernment. The Experiential Learning Cycle developed by David Kolb gives you the opportunity to examine a certain experience, reflect on the experience, theorize or conceptualize the experience, and then test that experience. In the steps below, you are invited to use this framework to connect what brings you joy into finding new experiences to help discern your major and/or career. You can use this exercise over and over again with different experiences that bring you joy.

#### Act/Activity/Experience

*Name an activity or experience that you enjoy doing.*

#### Reflect

*Why is this experience meaningful to you? Why does it bring you joy? What is fun about it? Do you feel accomplished after you complete this activity?*

#### Conceptualize/Theorize

*Are there other activities related to this activity that could relate to a major or career area? What skills are you demonstrating when you engage in this activity? Are you good at these things?*

#### Apply/Test

*Can you participate in the activity you listed above? What would that look like?*

