

## QUESTION BANK

### Personal Process

- What was your favorite meal/campsite/view?
- What did you miss most while you were out there?
- When was a moment from the expedition that you were proud of yourself?
- What do you want to remember from your expedition?
- If you could re-live one moment, what would it be? Why?
- How was it to be away from technology?
- How did you notice that you responded to challenges? Give a specific example
- What is something you learned about yourself?
- How might this experience have influenced your outlook or approach to relationships?
- What moments did you notice your communication style change?
- How do you want people to communicate with you?
- What was it like to try something new or hard?
- How did this experience show you who you are?
- Where did you excel? Where did you struggle? Tell me more!

### Group and Leadership

- Tell about a moment when you were the leader of your group. How did it go?
- What helped you lead well?
- Who were the influencers in your group?
- What is something that you learned from your crew?
- We are a group whose strengths are \_\_\_\_\_ and our areas to improve are \_\_\_\_\_.
- Tell about a moment where you observed effective leadership form someone in the group.
- What is the difference between a leader and a boss?
- One Word Whip-Around: Leadership is \_\_\_\_\_.
- What's more important: getting it done, or keeping group moral?
- Revisit the essential questions from previous sessions. Based on a week of leadership experience, how might you think about these questions differently?

### Extending the Journey

- Which kind of people would be important for you to have along for your life journey?
- What belief, idea, or habit do you want to keep (or get rid of) as you move towards your goals?
- Do you think an Outward Bound course is something that people should go on? Why?
- Why do you think some people give up when faced with challenge, while others become stronger?
- What's the single most important idea/concept that you have learned in life that will help you grow, change, or succeed?
- Who influences you to be the person you want to be? How?
- Which experiences have shaped you the most in life? Explain.
- What advice would you give to the next group of students who will be going out on an expedition?
- What does it mean to try something?
- What have you learned about fear? Does it motivate or paralyze?
- How do our experiences shape and define us?
- Where have we come from and where are we going?
- Where can we transfer learning from the expedition into "real" life?