

THE POWER OF REFLECTION



Self reflection is a skill that allows you to grow as an individual, student, peer and professional.

Join, be introspective, build community

**sharing is voluntary, listening is always encouraged*

Tuesdays 5:00 - 6:00pm

GMS Liaisons: Dr. Theresa Davies & Christina Bowley



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This group gave me a refreshing space to nurture my perspective through listening to others' life experiences while reflecting upon my own. - Natalie

"The Reflection Group was a safe haven for me last year. Meeting individuals from different backgrounds, going through a variety of experiences, and sharing commonalities was a highlight during the peak of the pandemic."

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- David



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I met a fascinating, diverse group of people when Covid was keeping me from routines and meeting new people. I made friendships that continue to this day because the group inspired meaningful reflection. - Tara

"The Reflection Group has helped me meet students across various GMS programs and gain impactful and different perspectives on interesting topics!"

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Scan the QR Code or click [here](#) to learn more!