# Activity 1: A Fulfilling Learning Experience

At some point in our lives, many of us have had fulfilling learning experiences. Let us begin by examining these experiences to better understand the elements that are present when such an experience takes place.

Instructions: Think about a time when you have had a fulfilling learning experience. It may have happened at your school, in your kitchen, at your place of worship, as a hobby, etc. Use the questions below to guide your thinking. When you have answered the questions, introduce yourself to the group and then share your learning experience. After the whole group has shared, discuss common themes that have emerged.

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1. Where and when did it happen? Who was involved?

2. What made it a fulfilling learning experience? Why does it stand out in your mind?

3. Were you able to put what you learned into practice?

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