Reflecting on Barriers to Engagement

Remember a time when you attended a class or conference session and you felt disengaged.

- Why did you feel disengaged?

- What thoughts, feelings, or reactions contributed to that disengagement?

- Were there any external factors (something about the teacher, the environment, other participants, and so on) that contributed to your disengagement?

- If you could have changed two things about that class or conference session that would have increased your engagement, what would they be?