

Name: _____

TRUST Walk

Directions:

Following your blind trust walk, jot down your responses to the following (while it's fresh on your mind!).

Reminders:

GOAL: Build trust between each other while completing the task.

Crew's Task = Safely follow your "supervisor" through an obstacle course with your eyes closed.

Supervisor's Task = Safely lead your "crew" through an obstacle course using whatever forms of communication you can to build trust

During the activity, I was a **[supervisor / crew member]**. (circle one)

During most of the activity, I felt _____ because

_____.

Things I liked about this activity include:

Things I didn't like about this activity include:

Knowing that this is a team-based, problem-solving, and communication class, I think the following **parallels/comparisons** can be drawn between the activity and this course:

(Compare the activity to what you think may be important to remember/do in this course...Avoid obvious or vague comparisons like "we'll need to communicate"...Really analyze the activity and use specifics.)

I think the instructors were trying to teach us [that]:

As a leader / follower (circle one) I wish that others would have done the following to help me in the task and/or goal.

Name: _____

For the following questions, please re-visit the activity's **TASK & GOAL** at the top of this handout.

Do you believe your **TEAM** (supervisor AND crew) completed the **TASK** successfully? Y N Some

Do you believe **YOU** completed the **TASK** successfully? Y N Some

Do you believe your **TEAM** (supervisor AND crew) completed the **GOAL** successfully? Y N

Do you believe **YOU** completed the **GOAL** successfully? Y N

Keeping in mind that everyone is different and each person has their own preferred methods of giving and receiving communication & instruction, what are some SPECIFIC things that the instructors in this course should keep in mind when communicating with you about tasks to complete or how to complete them? *(Remember to be specific...it helps us serve you better.)* :)

Feel free to share any other thoughts about yourself or the activity (optional)...