**Apprenticeship Reflection**

The end of an apprenticeship period is a key time for reflection. This reflection practice will serve four purposes:

1. Provide feedback into improving and strengthening the apprentice program and the farm.
2. Allow apprentices to assess, review and record their professional development during the apprenticeship period.
3. Document learning and insights so they can be shared with funders of the Apprenticeship program.
4. Assist in creating an individual development for the apprenticeship going forward. Or, acknowledge at this time the apprenticeship won’t formally continue but identify possible future ways to contribution to a vision of a more sustainable agriculture on the planet.

Provide narratives answering the following questions. Please keep your total response to no longer than 6 double-sided pages, 12pt font 1” margins.

1. What was the best or most rewarding experience/activity/aspect of your apprenticeship?
2. What was the most challenging experience/activity/aspect of your apprenticeship?
3. What did you learn during your apprenticeship experience?
   1. Describe your personal development.
   2. Describe your professional development
4. Suggest a minimum of three ideas for overall improvement. What you could improve? What could be improved on the farm? What could farm management improve?
5. Why do you want to/or not continue as a Vilicus Farms Apprentice?
   1. If you **want** to continue as an apprentice:
      1. What do you envision as a professional development project for next year?
      2. Describe your vision of the farm operation that you plan to manage, own and operate in the future.
      3. What positive changes could be made to improve the apprentice program?
   2. If you **will not** continue as an apprentice:
      1. How do you envision yourself engaging in a more sustainable agriculture and food system?
      2. What were the primary factors that led to your decision?
      3. What specific aspects of the apprentice program, if changed, may have changed your decision?
6. Discuss your role and involvement with Vilicus Farms and the Vilicus Farms Network next year, in 5 years, and 10 years.
7. If you had the opportunity what would you tell the funders of the Vilicus Apprenticeship program?