



Assessment

Individual reflective assignment

This individual reflection invites you to deepen your understanding of the 4D Mapping experience by exploring how you related to the system, through the body and your awareness of complex dynamics. Reflect on how open-ended presence helped you sense patterns, tensions or leverage points. Depending on your role (stakeholder or observer), you can focus more on presence or complexity awareness.

Assignment

Write a 500–750 word reflection that explores the two dimensions below:

1. **Presence:** Your inner experience, physical sensations, attention and openness during the activity.
2. **Complexity Awareness:** Your observations of systemic relationships, shifts or causalities that became visible through the mapping.

You can use the guiding questions below to support your reflection. You don't have to answer all of them; choose the ones that feel most relevant to your experience.

Presence

- What was it like to embody a role using through body and attention?
- Did your sense of space, time, self or other shift during the activity? If so, how?
- What helped you stay present and open? What made that difficult?

Complexity Awareness

- What relationships, patterns or dynamics in the system became visible through the mapping?
- Where did the change begin in the shift from Sculpture 1 to Sculpture 2? What set it in motion?
- What causalities or tensions did you sense or discover during the activity?
- What surprised you about the systemic configuration as a whole?

Integration

- How did being present help you understand something about the system that might otherwise have stayed hidden?
- What insight or question are you taking away from this experience?



Your reflection will be assessed based on the following criteria:

Criteria	Description
Presence and engagement	The reflection shows attentiveness to bodily sensations, inner experience and presence in the process.
Complexity awareness	The student describes key dynamics, tensions or relationships that reveal complexity in the system.
Integration of dimensions	The reflection meaningfully connects embodied presence to insight into the system.
Clarity and depth	The writing is clear, coherent and reflective — not superficial or overly descriptive.