

What is reflective writing?

- It is *personal and creative*, but it is also *higher order* thinking: it is critical, analytical, evaluative and linked to coursework
- It is *exploratory and developmental* but also *goal directed* and connected to *learning outcomes*.
- It is *not* a simple retelling of events or superficial responding. The first response is *not* the reflective one. One must “go deeper” and make *connections* to prior knowledge, presented teachings, future directions, and the self, sometimes including beliefs, values, ethics, and worldview.

Purpose or intended outcomes

- Provide *evidence* of learning
- Review and integrate *coursework*
- Develop critical thinking *skills*
- Synthesize learning in an *intentional* manner
- Foster *creativity*
- Report, analyze, and evaluate *fieldwork*
- Formulate a plan of action re *change*
- Promote emergence of *identity*

Types of reflective writing

- Learning journals/logs
- Practicum journals
- Reflection papers
- Response papers
- Integration papers
- Portfolio entries

Questions Prompts

What did I learn?
Why does it matter?
What does it mean?
What worked?
What didn't work?
What would I do differently next time?
What are some examples?
What's the point?
What is theory behind this?
Is this important? Why? How do I know?
What else?
So what?
How does this relate to what we are talking about in class?
How does this relate to professional or personal beliefs, values, and ethics?
How can I relate this to what I already know?
How can I relate this to my worldview?
How can I relate this to my view of myself as a practitioner or a learner?

Sentence Leaders

I wonder why...
It will be interesting to...
I am looking forward to...
I am recalling...
I found myself pondering...
Looking back on it now...
These thoughts lead me to reflect on...
Reviewing my notes...
I will be interested to know if...
Another point to consider is...
Thinking about...
My question is this:
Here is my response:
Maybe...
Perhaps...
I am trying to think of other...
I can see that...
What I mean by this is...
The problem with this is...
Alternately...
On the other hand...
I don't agree with...
I know that...
I guess...
Thinking about...
So...
For example...
That brings up...
I did some thinking about...
I found myself wondering...
As I see it...
I don't agree with...