

Name _____

Date _____

Reflective Writing

What is a reflection?

Reflection allows us to think about our personal experiences and observations, and how these emerge to shape new ideas. It improves analytical skills, and allows us to appreciate the ideas of others.

Why write a reflection?

A reflection is a type of inquiry. When we write a reflection it is important to engage with materials that you are asked to reflect upon.

Consider these points when you write a reflection

- Provide some information about the material that was presented
- What did you learn from the material
- Did your viewpoint change after you read the material
- Do you have a better understanding
- Connect the topic to any personal experiences

Remember when you are writing a reflective response, you may have many ideas, but it is important to use relevant experiences, pick 2 or 3 so that your response is focused.