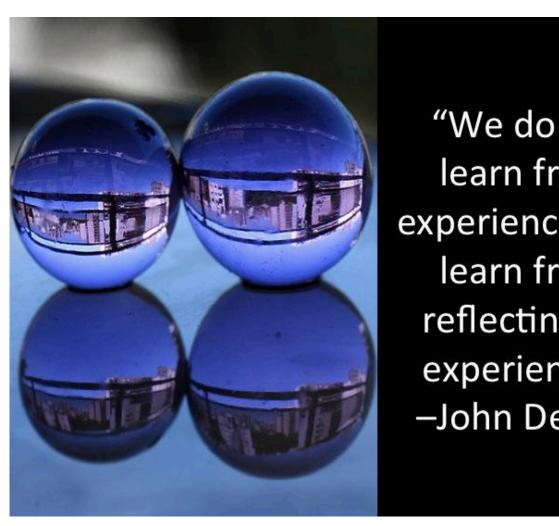
## Reflective writing.



"We do not learn from experience...we learn from reflecting on experience." -John Dewey

# Why are we asked to do this type of assignment?

· To make connections

The idea behind reflective writing is that what you learn at university builds on your prior knowledge, whether it is formal (e.g. education) or informal (e.g. gained through experience). Reflective writing helps you develop and clarify the connections between what you already know and what you are learning, between theory and practice and between what you are doing and how and why you do it.

· To examine your learning processes

Reflective writing encourages you to consider and comment on your learning experiences—not only WHAT you've learned, but HOW you did so.

· To clarify what you are learning

Reflecting helps you to clarify what you have studied, integrate new knowledge with previous knowledge, and identify the questions you have and what you have yet to learn.

To reflect on mistakes and successes

Reflecting on mistakes can help you avoid repeating them. At the same time, reflecting on your discoveries helps identify successful principles to use again.

- · To become an active and aware learner
- To become a reflective practitioner once you graduate and begin your professional life

#### What is reflective writing?

#### Reflective writing is:

- your response to experiences, opinions, events or new information
- · your response to thoughts and feelings
- a way of thinking to explore your learning
- an opportunity to gain self-knowledge
- a way to achieve clarity and better understanding of what you are learning
- a chance to develop and reinforce writing skills
- · a way of making meaning out of what you study

#### Reflective writing is not:

- · just conveying information, instruction or argument
- pure description, though there may be descriptive elements
- straightforward decision or judgement (e.g. about whether something is right or wrong, good or bad)
- simple problem-solving
- · a summary of course notes
- a standard university essay

### Reflective writing ideas:

```
aspect(s)
                                                    element(s)
                                                    experience(s)
                             meaningful
                                                                          was (were)...
                             significant
                                                    issue(s)
For me, the [most]
                            important
                                                   idea(s)
                            relevant
                            useful
                                                                          arose from...
                                                    learning
                                                                          happened when...
                                                                          resulted from...
                                                        thought (did not think)...
                   Previously,
                                                        felt (did not feel)...
                   At the time,
                   At first
                                                        knew (did not know)...
                   Initially,
                                                        noticed (did not notice)...
                                                        questioned (did not question)...
                   Subsequently,
                                                        realised (did not realise)...
                   Later,
                  might be
                                          because of...
                  is perhaps
                                          due to...
This
                                         explained by...
                  could be
                                          related to...
                  is probably
                             read...
                                                                     feel...
                                                                     think...
                             experienced...
                             applied...
                                                                    realise...
                Having
                                                   I now
                             discussed...
                                                                     wonder...
                             analysed...
                                                                     question...
                             learned...
                                                                    know...
```

[Additionally,] [Furthermore,] I have learned that... [Most importantly,] I have significantly my skills in... my understanding of... slightly developed my knowledge of... improved However, I have not [sufficiently] This means that... This makes me feel... This knowledge essential to me as a learner [because...] This understanding important to me as a practitioner [because...] This skill did not... have not yet... am not yet certain about... Because I I will now need to... am not yet confident about... do not yet know... do not yet understand...

As a next step, I need to...