

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:

For me, the [most]	{ meaningful significant important relevant useful	{ aspect(s) element(s) experience(s) issue(s) idea(s)	was (were)...
		learning	{ arose from... happened when... resulted from...

{ Previously, At the time, At first Initially, Subsequently, Later,	I	{ thought (did not think)... felt (did not feel)... knew (did not know)... noticed (did not notice)... questioned (did not question)... realised (did not realise)...

This	{ might be is perhaps could be is probably	{ because of... due to... explained by... related to...

Having	{ read... experienced... applied... discussed... analysed... learned...	I now	{ feel... think... realise... wonder... question... know...

[Additionally,] [Furthermore,] [Most importantly,]	}	I have learned that...
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I have	significantly slightly	}	{	developed improved	{	my skills in... my understanding of... my knowledge of... my ability to...
However, I have not [sufficiently]						

This means that...
This makes me feel...

This knowledge This understanding This skill	{	is could be will be	{	essential important useful	{	to me as a learner [because...] to me as a practitioner [because...]

Because I	{	did not...	I will now need to...
		have not yet...	
		am not yet certain about...	
		am not yet confident about...	
		do not yet know...	
		do not yet understand...	

As a next step, I need to...