

Personal reflection for growth

Reflecting allows us to

- Gauge our own abilities and needs
- Evaluate how our choices affect our personal outcomes
- Process and solidify new knowledge and skills
- Do more with feedback than just read it
- Plan for future growth

What does reflection look like in portfolios?

Organize your reflection for each skill using the following

- Explain the context of your artifact(s), relating it to the skill.
- Reference and discuss feedback.
- Identify strengths/weaknesses with your skill.
- Discuss growth and progress you have made with this skill recently.
- Identify behavior patterns which might explain your performance.
- Plan for future growth by outlining strategies and resources for improvement in needed areas.

Reflection as a narrative

If you are working on growth in the same skills over an extended period of time it helps to keep an organized narrative going. You don't necessarily want to replace the old with the new, because some of the story of growth is then lost. But you also don't want an overwhelming detailed narrative of every detail along the way when you really want to celebrate where you are. Finding a balance is key. Summarizing the rise to your current state and detailing your current level should be the goal.

In order to accomplish this, it is important to keep discussion of a skill together and to keep the narrative updated.