

Reflective Writing

At the University Level

What is reflective writing?

- Reflection offers the opportunity to consider how personal experiences and observations shape thinking and the acceptance of new ideas.

Purpose of Reflective Writing

- **Self-Awareness:** thinking about yourself, your experiences and your view of the world
- **Self-Improvement:** learning from experiences and looking to improve some area(s) of your life
- **Self-Change:** putting you in control of making those changes and behaving differently

What is reflective thinking?

- In order to think and write reflectively you need to:
 - Experience something
 - Think about what happened
 - Learn from the experience

This guide is not about structuring work, it considers your own journey before you start writing.

Your reflection journey

The process



Start

Establish who you are, your perspectives, strengths and weaknesses.



Why do you have these perspectives? Consider your own personal experiences.



Can you find literature to explain how your experiences might make you shy/confident/biased etc.?



Talk to friends and family, do they see you in the same way? What is the significance?



Do your studies require you to do something you're uncomfortable with? What is the impact?



Can you identify personal growth after key events? How? Why? What do you still need to achieve - can you find explanations and strategies in literature?



Start again - reflection never ends. Reflect on your professional skills and look at job descriptions. What do you still need to achieve?

• The best way to grow is to escape your comfort zone!

Difference Between Scholarly and Reflective

Reflective

- Personal account
- Consider your personal views
- First Person
- Contemplates
- Finds solutions to problems

Scholarly/Academic

- Impersonal account
- Consider views of others
- Third Person
- Argues and justifies
- Compares and Contrasts

How to structure your writing

Describe

- What happened?
- What did you do?

Interpret

- What does the experience mean to you as a learner, thinker, writer?
- Why?

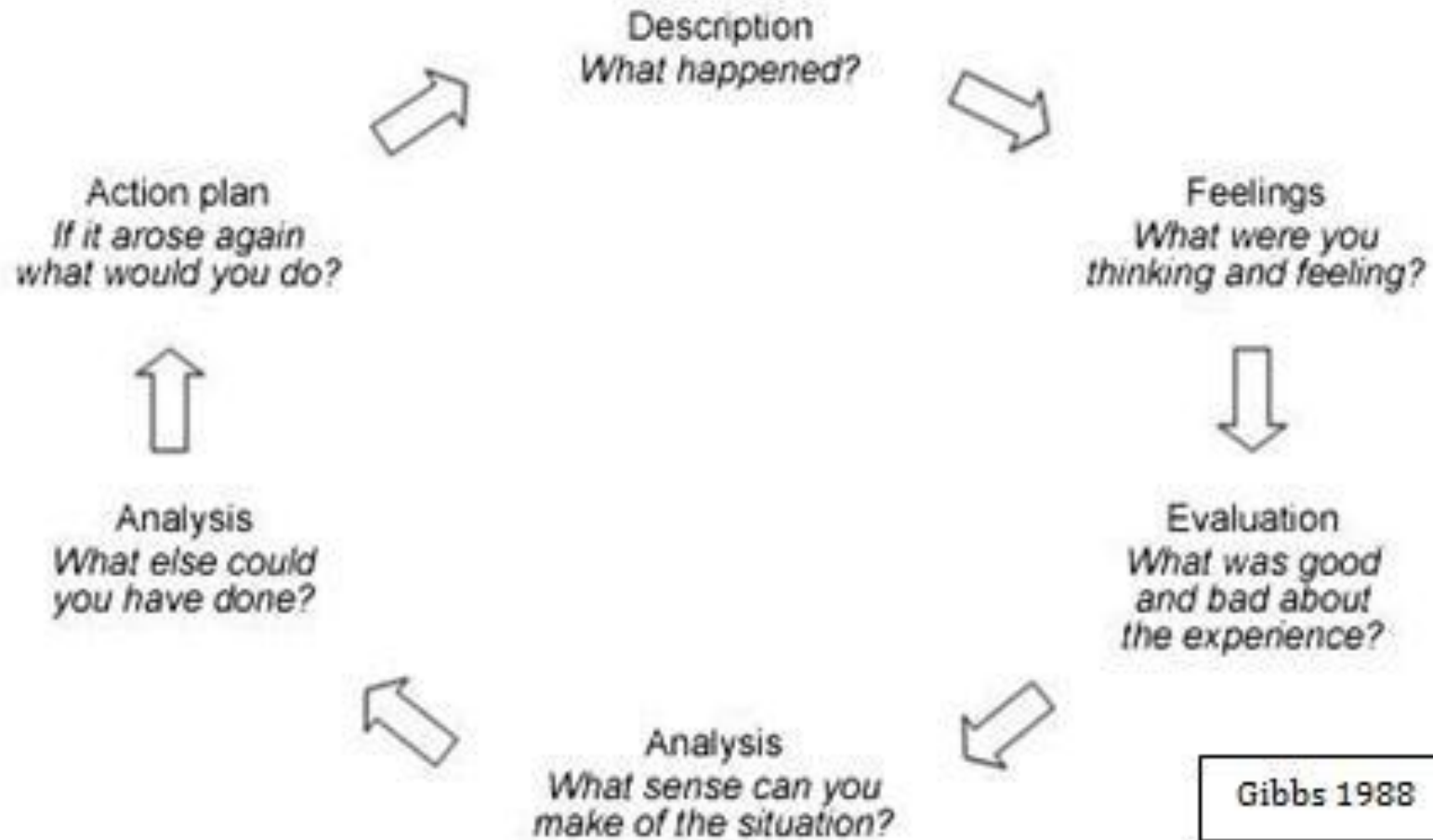
Evaluate

- How valuable was the experience?
- Why?

Plan

- What will you do with your learning?
- How will you do it?

Another Useful Model



Rubric

- What should we include in the rubric?