

Reflection Vocabulary

When contemplating and responding to reflection questions it is important that you use terminology that can be easily understood and speaks to the experience. Below are some insights, common words and phrases that you can incorporate into your reflection pieces. This information is a suggestion of the language that can be used and is not meant to replace standard language practice or to be used to supplement language.

How to use this Information

You will find suggestions on word pairings and phrases that can be incorporated into your reflection pieces which will allow the reader to better understand whether the outcomes were met and that there is an understanding of the material/exercise.

For example: You were required to complete hours of community service and as part of your service you are asked to reflect upon your experience with the following questions:

1. What was your role at the community organization?
2. What did you learn?

Step 1: Keep the description of your activities short and be sure to include the necessary who, what, when, where, how, and why where necessary.

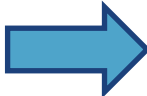






Step 2: Describing what you learned you can use the information provided in Interpretation for example:

- For me the most meaningful experience was when...
- At first, I questioned whether...and alternatively this might be because of...
- This is similar to...because...

Samples of Insights, Common Words and Phrases that can be Included

Your Description: Keep this short and focus on the significant details only. Be sure to include the where, when, who, what and how as required.

Your Interpretation:

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

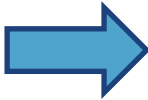
previously,	I	thought (did not think)
at the time,		felt (did not feel)
at first,		knew (did not know)
initially,		noticed (did not notice)
subsequently,		questioned (did not question)
later,		realized (did not realize)

	this	might be	because of...
[alternatively]		is perhaps	due to...
[equally]		could be	explained by...
		is probably	related to...

this	is similar to...	because
	is unlike...	

Samples of Insights, Common Words and Phrases that can be Included

Your Outcome(s):

I have	significantly		developed		my skills in...
	slightly		improved		my understanding of...
					my knowledge of...
					my ability to...

having	read...	I now	feel...
	experienced...		think...
	applied...		realize...
	discussed...		wonder...
	analyzed...		question...
	learned...		know...

[additionally,]	I have learned that...
[furthermore,]	
[most importantly,]	

Phrases To Use:

- This means that...
- This makes me feel...
- As a next step, I need to...

this knowledge	is	essential	to me because...
this understanding	could be	useful	
this skill	will be	important	

since 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...	