



Written Critical Reflections: The Cornerstone of ExEL Assessment

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What we are here to do:

- ▶ Define critical reflection
- ▶ Identify its purposes in experiential learning
- ▶ Apply understanding of reflection through writing
- ▶ Analyze several different perspectives in your own reflective writing

Coming to Terms

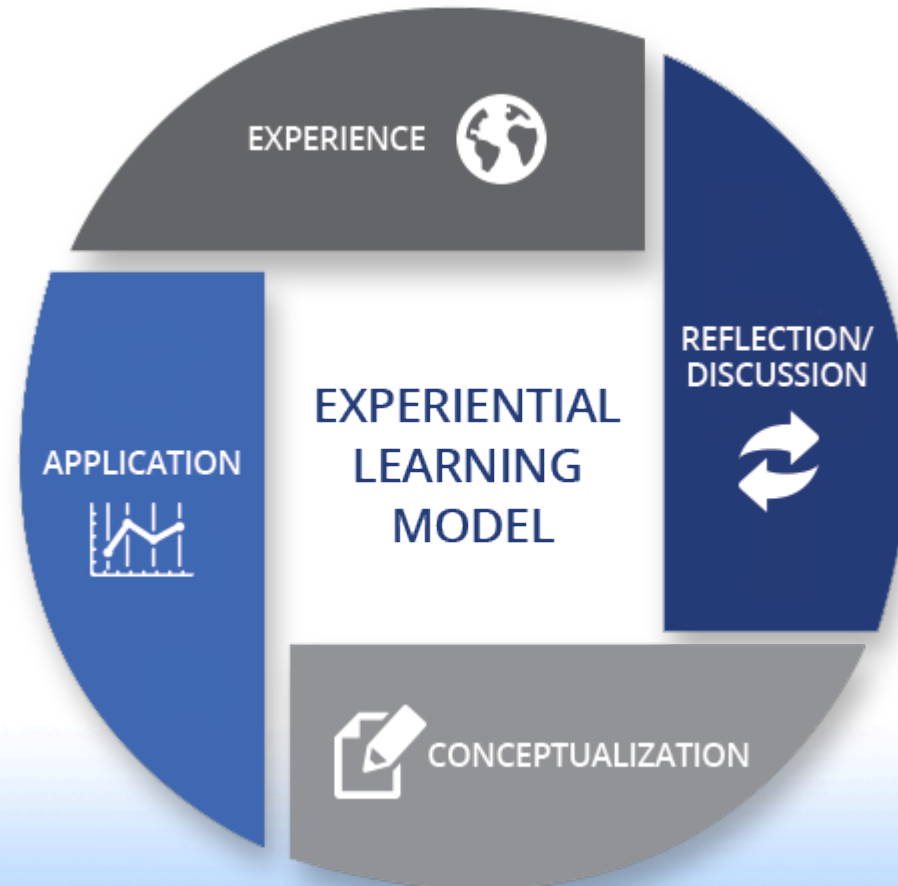
➤ **Reflection (n.)**

- metacognition or the ability to think about learning;
- recalling prior knowledge or experience and weighing it against outcomes of current experience and or future contexts/problems.

➤ **Reflective (adj.)**

- having qualities of ongoing reflective practice as a means of informing current and future effort

Experiential Learning



Reflective Writing in UNIV 1000

- **Growth Mindset / (Indirect) Assessment**
 - Informing future goals based on past performance
 - Developing desired personal habits
- **Professional Development**
 - Situating personal connections within broader contexts
 - Representing your work/contributions within a professional/academic setting
- **Experience as Evidence**
 - Confirming achievement of learning outcomes
 - Teaching students to articulate their value in professional contexts (Cover Letter, interviews, etc.)
 - Creating knowledge/adding to the conversations of the field – Faculty and Staff alike can benefit from students' reflections on events and experiences the students had.

Let's reflect...

Think of a time (over the last 6 months) you struggled with something at your job.

What are some of the lessons or successes that emerged as a result of that failure?

...to grow.

- **Growth Mindset / (Self) Assessment**
 - Informing future goals based on past performance
- Reframe your reflection from the perspective of continuous improvement **as an individual**.
 - You are the audience for this writing.
 - Write 3 sentences that reinterpret your struggle as an opportunity to grow.

...to fail forward.

➤ Professional Development

- Situating personal connections within broader contexts
- Reframe your reflection from the perspective of continuous improvement **as a professional**.
 - Your direct supervisor is the audience for this writing.
 - Write 3 sentences that reinterpret your struggle as an opportunity to develop your job-related skill set(s).

...to demonstrate learning.

➤ Experience as Evidence

- Confirm achievement of learning outcome (reading response, etc.)
 - Arguing for value in professional contexts (Cover Letter, CV, etc.)
 - Creating knowledge/adding to the conversations of the field
- Reframe your reflection from the perspective of continuous improvement as **evidence for success in this workshop**.
- I am the audience for this writing.
 - Write 3 sentences that reinterpret your struggle as an opportunity to reflect, practicing what we will ask of students in UNIV 1000.

Questions?

