



Reflection Micro-Workshops:

Bringing Out Depth in Reflection



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What Are We Doing Today?

Agenda

1. What is Reflection?
2. The 4 Cs of Reflection
3. The Basics of Adding Depth
4. Frameworks
5. Work Time

What is Reflection?

The '3 Rs':

- Reflection: The process focused on learning from experience to improve practice
- Critical Reflection: The process that exposes and challenges norms, discourses, narratives, social relations, and the like, while also creating learning from experience
- Reflexivity: The ability to recognize our own influence and the influence context has on the way we think, what we know, and what we do

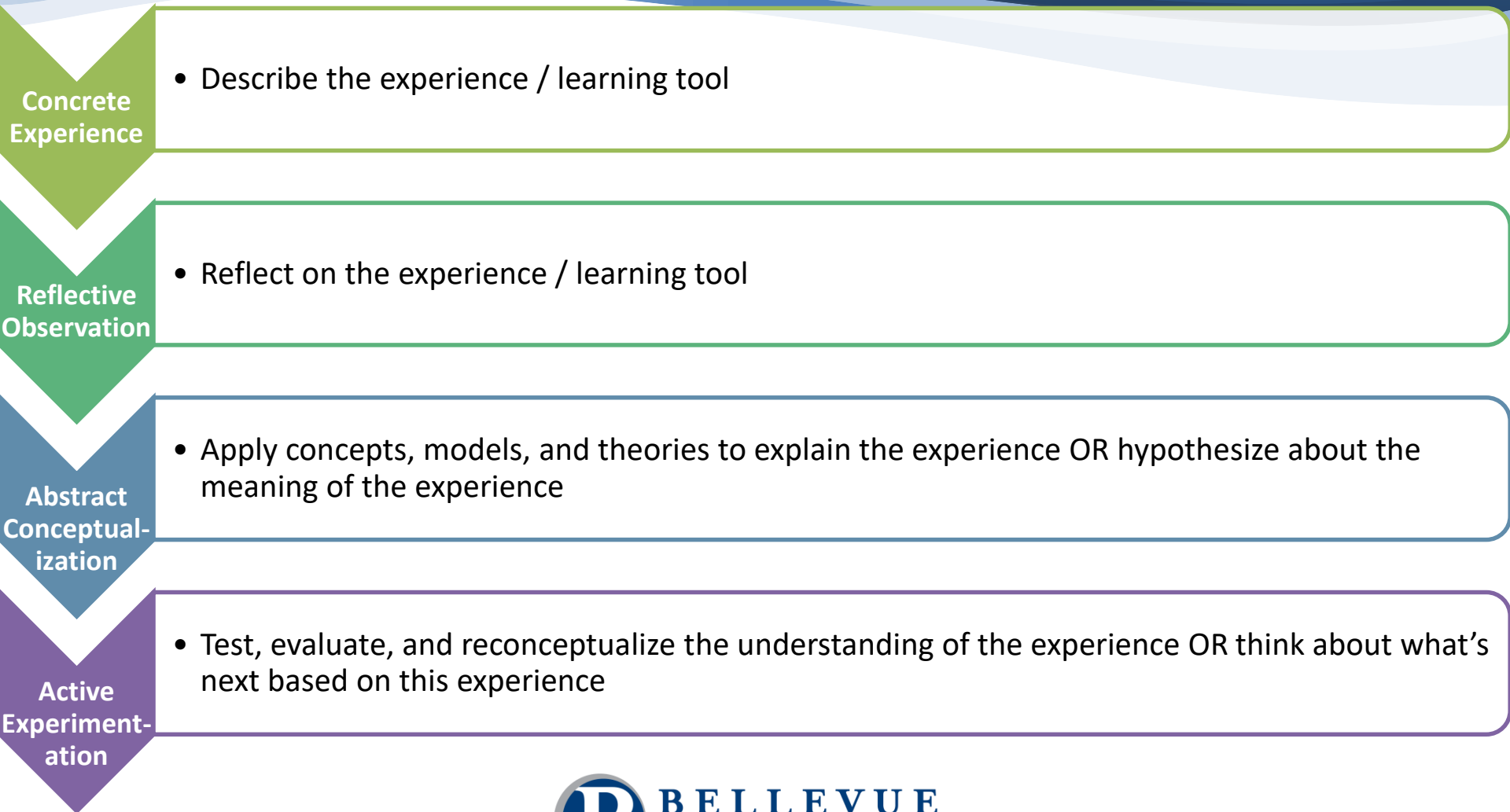
The 4 Cs of Reflection

- Continuous: Before, during, and after
- Connected: Linked to learning
- Challenging: Dig deeper
- Contextualized: Appropriate in format

The Basics of Adding Depth



The Experiential Learning Cycle



DIGA

Describe

What was the experience? Describe your observations without interpretation. Use your senses as prompts, for example, what did you see, hear, feel?

Interpret

Interpret or internalize the experience. What does this mean for me or us? What had the most impact? What did or did not make sense? How can I see this experience through the lens of course material?

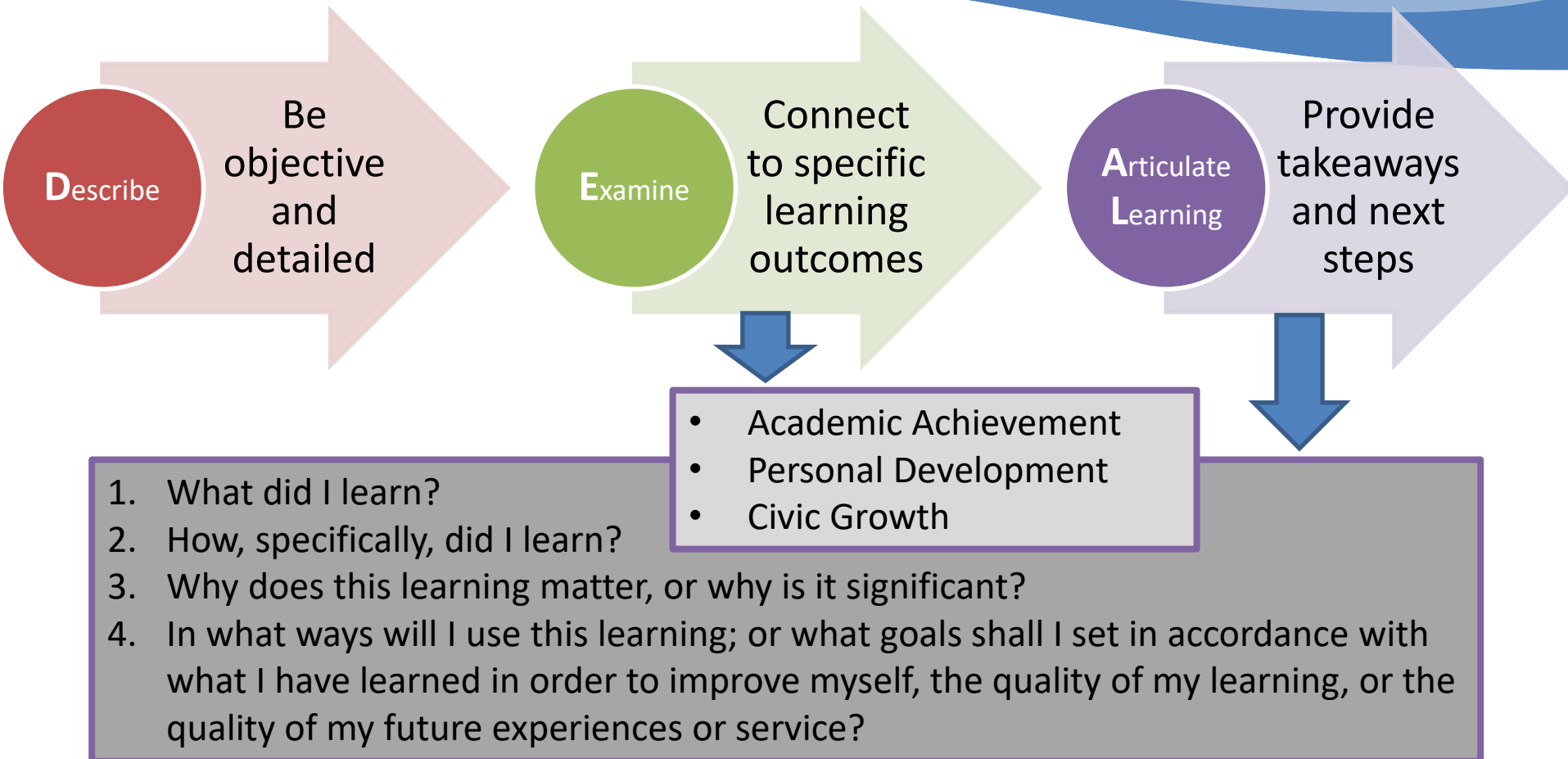
Generalize

Generalize the learning from today. What are the general principles or messages can I take from the experience? How does this help me more broadly apply course content?

Analyze

How will I apply the learning from today? What actions will I take as a result of today? What are the opportunities for implementing the learning from today?

DEAL



5 Rs of Reflection

REPORTING

Task: Describe the key elements of the experience

Prompts: What happened? What were keys aspects of the experience? Who was involved?



RESPONDING

Task: Provide your personal response to the experience

Prompts: How did the experience make you feel? What did you think?



RELATING

Task: Provide an understanding as it relates to your own knowledge, skills, attitudes, or previous experiences

Prompts: What skills / knowledge do you bring to this experience? Have you experienced something similar before? How was this the same/different?



REASONING

Task: Explore and explain significant factors within the experience and how they are important to understanding what happened

Prompts: How do different perspectives affect the way you understand the experience? What theories or course content can help you make sense of the experience?



RECONSTRUCTING

Task: Reframe future experiences by drawing deeper understanding and summary of the learning that has occurred

Prompts: What would you do differently in a similar circumstance? What changes would you make?

Work Time

- 1) Choose a learning experience or tool from which you'd like students to reflect.
- 2) Choose a framework and design questions that help lead students from that experience to the deepened learning.
- 3) Consideration: What specific course content will help frame the learning from the experience?
- 4) Consideration: What specific learning outcome or personal growth will the reflection aid students in reaching?
- 5) Consideration: What norms, discourses, narratives, social relations, etc. would you like this reflection to expose and/or challenge?

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