**Guidelines for Effective Reflections**

Reflection assignments are different from other assignments. Your professor wants you to take some time to think about your experiences and how the relate to issues discussed in class.

A good reflection includes:

* A clear, deep connection between an event, an example, or an experience and the ideas discussed in class. You professor might give you a specific concept for you to use or you may choose a concept to use.
* Do not just describe the event or example. Analyze it using key concepts that clarify what happened and how you can better understand the situation.
* Once you analyze the event or example, think about what that tells you about the situation and yourself.
* Describe what you have learned thanks to that analysis, whether something has changed in you, and whether you would act differently or similarly in a similar situation.
* Describe what you feel, not just what you think.
* Be honest; you will learn more.
* Use a lot of “I” statements; the reflection should build self-awareness.
* Do not summarize the class, you must go beyond that.
* Address the issues deeply.
* Make connections beyond this class to other classes, your experiences, etc.

**Don’t:**

This is what happened.

**Do:**

This happened, and if I look at this concept I understand that this is what was going on. I realize I tend to do this regularly and it means that I miss/catch certain things. More, I should improve by thinking about it this way and doing this. *Bonus:* And this is how I would ensure that the change sticks.