

What is Critical Reflection?

Reflection is a process designed to promote the examination and interpretation of an experience and the promotion of cognitive learning. It is the process of looking back on the implications of actions taken, good and bad, and determining what has been gained, lost, or achieved and then connecting these conclusions to future actions and larger societal contexts.

Why use Critical Reflection?

Reflection is an essential process for transforming experiences gained from service activities and course materials into genuine learning. It enhances student's critical understanding of the course topics and their ability to assess their own values, goals, and progress.

Reflective Process

Reflection occurs in stages

1. Pre-Reflection – Identify one's own attitudes, assumptions, knowledge, beliefs, background, culture, etc.
2. Participation – During the project apply classroom learning to service experience. Take complete well-rounded observations.
3. Post-Reflection – Critical analysis while the experience is fresh. Each individual will evaluate his/her own development and explore the cognitive learning

Reflection Activities

1. What, So What, What Now?

What? →

<u>The Facts</u> who, what, where, why, when, & how What you saw & heard	<u>Your Insights</u> thoughts, feelings, relative experiences, background knowledge	<u>Connecting</u> Related historical events, cultural aspects, politics	<u>The Other Guy</u> Perspectives of others involved
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So What? →

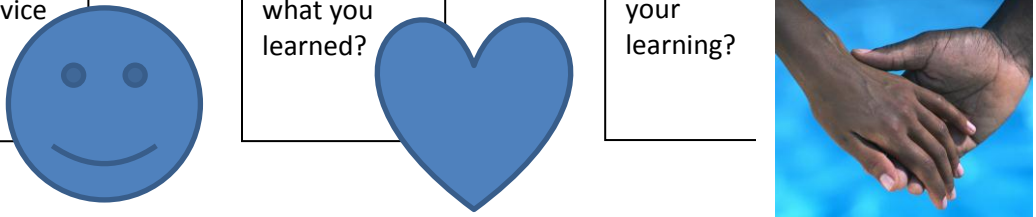
Why is this important to YOU?	Why is this important to the COMMUNITY?	What policies or laws are involved? What are the implications of the issue?
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What Now? →

<u>Changes</u> How has the experience changed you: ■ future actions ■ life choices ■ opinion ■ ideals ■ self-confidence ■ self-awareness ■ career path ■ academic path	<u>Implications</u> ■ What are the implications for community change? ■ How can you use this experience to benefit you and the community? ■ How did you connect this to your academics? ■ What is the most significant thing you will take away?
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2. Head, Heart, & Hand

<u>Head</u> What are two things you think about as a consequence of what you learned during your service experience?	<u>Heart</u> What feelings emerged as a result of what you learned?	<u>Hand</u> What desired action will you take as a result of your learning?
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3. AHA Moments
What are your AHA Moments?

Describe a Take Away	Describe an Action Item
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