



Student Reflection Writing Sample

Reflective writing is a form of personal response to experiences, situations, events or new information. It is a 'processing' phase where thinking and learning take place. There is neither a right nor a wrong way of reflective thinking. The reflective thinking process starts with you. Before you can begin to assess the words and ideas of others, you need to pause and identify and examine your own thoughts. This involves revisiting your prior experience and knowledge of the topic you are exploring. It also involves considering how and why you think the way you do. The examination of your beliefs, values, attitudes and assumptions forms the foundation of your understanding. Reflective thinking demands that you recognize that you bring valuable knowledge to every experience. It helps you therefore to recognize and clarify connections between what you already know and what you are learning.

The reflection paper should be at least one typewritten page in length. In addition to being reflective and logical, you can be personal, hypothetical, critical and creative. You can comment based on your experience, rather than limiting yourself to academic evidence. Reflective writing is an activity that includes description (what, when, who) and analysis (how, why, what if). It is an explorative tool and may result in more questions than answers. Use full sentences and paragraphs. You can use personal pronouns "I", "we".

The completed edited paper can be submitted to a JATC teacher or a CTE Specialist.

Description (What? When? Who?)

1. What is the name of the JATC program in which you are enrolled? Why did you select that program?
2. What is your perception of the course you are taking and the content?
3. Has the course met your expectations?
4. What surprised you about the course?

Interpretation (Analyzing an activity, project or event)

1. What is the most important/ interesting /relevant aspect of the course?
2. What assigned activity, project or event has been challenging and/or rewarding for you?
3. What did you find confusing, challenging, inspiring, difficult, interesting and why?
4. What previously learned concepts helped you accomplish the activity or project?
5. What insights did you gain regarding theory and practice?
6. Did this event change any of your assumptions about the course?

Outcome / Conclusion (What have I learned?)

1. How did you feel after the completion of the project or activity?
2. What did you learn? (errors and weaknesses as well as strengths and successes)
3. What skills do you need to continue to develop (if any)?
4. What are your next steps?
5. Will the experience affect your plans for the future?