CONTEMPLATING REFLECTION

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Reflection

- Process of deriving meaning from experience
- Engages participants in conscious, intentional, critical thinking for the examination of an experience
- Giving serious thought to something and connecting it to both past and future actions
- Allows the participant to clearly develop his or her story about an experience
Personal Patterns of Reflection
Table Discussion

How does reflection happen for you?

- Please discuss the why, what, and/or when of your personal reflective practices.
How Does It Happen for You?

- What works best for you?
  - Time – on the drive to work, before bed
  - Place – coffee shop, nature
  - Action – running, journaling, dancing
  - Ritual – prayer, meditation, yoga
  - Medium – journaling, creative arts, verbal
  - Technology – social media (Twitter, FB), blogging
Reflection Literature

- Dewey (1933)
- Kolb (1984)
- Schon (????)
- Eyler and Giles (1996)
  - Continuous
  - Connected
  - Contextualized
  - Challenging
  - Coaching
- Bringle and Hatcher (1997)
Kolb’s Process of Experiential Learning

- Concrete Experience: (doing / having an experience)
- Active Experimentation: (planning / trying out what you have learned)
- Reflective Observation: (reviewing / reflecting on the experience)
- Abstract Conceptualisation: (concluding / learning from the experience)
Kolb’s Process of Experiential Learning
Reflection

Action without reflection leads to burnout.

Reflection without action leads to cynicism.

Albert Einstein
Reflective Practice

- **What?**
  - Facts and occurrences
  - Objective reporting without judgment or interpretation

- **So what?**
  - Looks at consequences of actions
  - Shifts from descriptive to interpretive

- **Now what?**
  - Taking lessons learned and applying them to future
  - Big picture, goal setting, and long-range planning
Structuring Reflection for Students

- To integrate reflection into the culture or structure of an organization: “Make clear its meaning as an integrative, analytical, capacity-building process rather than as a superficial exercise in navel-gazing” (Ash & Clayton, 2009)

- Create a trusting environment

- Include opportunities for values clarification

- Be used as a tool for assessment
## Reflection Options

- Personal journal
- Double-entry journal
- Discussion (email, online, in-class, with peers, or with professor)
- Analysis paper
- Poster presentation
- Class presentation
- Directed reading
- Experiential case study
- Portfolio
- Personal narrative paper
- Photo essay
- Creative writing
- Poetry
- Painting/mural
- Storytelling

Agency / Issue Collage
Mind Map

We are trying to teach them academically but also life skills and ways to overcome their situations to the best of our abilities.

LIFE COACH

MENTOR

Encourage the heart

If a man is to shed the light of the sun (and son) upon other men, he must first of all have it in himself.

-Romain Rolland

Miss Elizabeth shows this beautifully!

To Tutoring

COMMITTMENT

TUTORING

AWANA

MUSIC

GAMES

LOVE
Reflection Resource

http://thecenter.fsu.edu/educated/reflection.handbook.pdf