



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 must be submitted to a counselor.

Description (What? When? Who?)

1. What is the name of the College, University or post high training/education in which you are enrolled? Why did you select that program?
2. What is your perception of the program you are going to take?
3. What are some of your concerns about the above named program?
4. What have you experienced at Bingham that has prepared you for the next step in your planning?

Interpretation (Analyzing an activity, project or event)

1. What is the most important/ interesting /relevant aspect of your experience at Bingham High School?
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 your goals in high school?
5. What learned concepts will help you in your preparation for the future?

Outcome / Conclusion (What have I learned?)

1. Will the experience affect your plans for the future?
2. How did you feel when you started contemplating the future?
2. What did you learn during your time here at Bingham High School? (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?