Reflection across the university: Helping students tell their stories

Maria Macik
Questions to be answered

• What is reflection and why is it important?
• Who are our students and what challenges do they face in reflecting?
• How can you encourage students to become reflective?
Reflection is...
What is reflection?

“At it’s simplest, reflection is being able to step back and be thoughtful about experience—to monitor one’s own reactions and thinking processes.”

“Reflection generates inquiry and a search for meaning.”

(Eyler & Giles, 1999, p. 171; Scott, 2010, p. 433)
Why do you reflect?

When do you reflect?
Why Reflect?

• Identify challenges
• Make adjustments
• Document success
• Develop greater understanding
• Help us take informed action
• Acknowledge learning and progress
When do we reflect?
When do we reflect?
Our Students

...and the challenges they face
Assessment

“The exploration of the self that reflection involves requires a relatively protected environment in which one is not continually preoccupied by defending oneself from the scrutiny of others.”

(Boud, 2001, p. 15)
Expertise

Novice knowledge structures

Expert knowledge structures

(Ambrose et al., 2010)
How can you encourage students to become reflective?
1. Encourage students to make connections
Integration

Courses

Reflection

Employment

Research, internships, study abroad, etc.

Student Organizations

And more....
2. Make reflection meaningful
5 C’s of Reflection

Continuous
Connected
Challenging
Contextualized
Coaching

(Eyler & Giles, 1999)
3. Be a reflective role model
Looking Inward

• “Telling stories to others often prompts new realizations.”

• “Hearing others’ stories allows one to see more diverse range of experiences, opening one’s eyes to other possible avenues for learning.”

(McCauley, DeRue, Yost, & Taylor, 2014, p. 236)
Life Journeys

(McCauley, DeRue, Yost, & Taylor, 2014, p. 236)
Insights

• Connection
• Visuals as reference
• Variety
• Feedback
The student story

From…

- Take course
- Take course
- Become member in student organization
- Complete internship
- Take course
- Graduate

To…

- HIP
- Job
- Course
- Leader
- Member
- Intern

Student
Thanks and Gig ‘Em!


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