

Reflection Transcript

Reflection involves examining oneself. This process can help convert our lived experiences into knowledge we can use in the future. Practicing reflection can help students develop self-awareness, communication, critical thinking and connecting course content to the world. Mastering reflection skills can prepare students to take an active role in their academic and professional development.

Envision YU resources prompt students to engage in a reflective process by following the "What? So What? Now What?" framework.

Under this framework, students begin by describing an experience, activity, or situation. They then reflect on the significance of this experience and any connections they've made to the course with the world. Finally, they identify which insights are important to them and consider their next steps.

Envision YU resources provide opportunities for students to learn and practice reflection independently through engagement with interactive videos and infographics. There are also structured resources that guide students through reflections on the course syllabus, their course experiences, and on assignment feedback and grades.

These reflection exercises enable students to:

- Anticipate challenges they may face in a course and take steps to address them.
- Adjust or make changes to their learning approach.
- Identify relationships between course topics and their interests.
- Identify possibilities for personal growth or career exploration.
- Use instructor and peer feedback to understand their strengths and areas for development.
- Describe the skills and knowledge they used and further developed in course assessments.
- And select appropriate university support services to strengthen their skills.

You can find a collection of reflection exercises by visiting our Pressbook or by clicking on the "Reflections" link on the Envision YU website.

