

Reflection

LESSON GOAL

Explore and experience the learning benefits of reflection.

ESSENTIAL QUESTION

How does reflection impact my growth?

INTEGRATING TECHNOLOGY

ANNOUNCEMENT

- Check Announcements for any information about assignments and due dates.

MY PORTFOLIO

- Submit work to My Portfolio.

MY WORKSPACE

- Prepare your assignments in My Workspace.

LESSONS

- Review the lesson.
- Complete assignment.
- Submit assignment.

ASSIGNMENTS

- Use Assignments to submit your artifacts and reflections.

GRADEBOOK

- Check Gradebook for your lesson evaluation.

SCHEDULE

- Check schedule for assignments and due dates.

COMMUNICATE

with your teacher or other students if desired

- Blogger
- Chat Room
- Drop box
- Mailtool

One to two class periods

LESSON OVERVIEW

“Encounter the world and engage the mind.” That’s what education should be about. Learning is not passive. Experiential education has three parts: *do*, *review*, and *plan*. In this lesson you will explore the *review* or the *reflection* part of learning. You’ll think about what reflection has to do with learning and learn some strategies for effective reflection.

You will also be creating a new journal, writing a reflection and sharing your thoughts with your classmates.

STUDENT EXPECTATIONS

1. Participate in a discussion about the value of reflection.
2. Personalize journals.
3. Write three paragraphs of reflection.
4. Share highlights from reflections in small groups.

There is one assignment that requires you to have participated in the discussions and in establishing your personal internship journal.

Here are the ways you can succeed in this lesson

1. Engage in classroom discussions fully by offering thoughtful responses.
2. Personalize your journal by including required school or internship information as well as thoughtful and school appropriate personalization.
3. Write at least three paragraphs of reflection that illustrate growth and learning.
4. Write a thoughtful commentary describing an experience and the value of reflecting on that experience, demonstrating understanding of the importance of reflection.

Reflection



ASSIGNMENT

In class you have discussed the benefits of reflection. You have established a personalized journal and have entered a written reflection on your school or internship experience so far.

Keep these experiences in mind as you reflect on the following questions in writing. Use the *Sakai* Assignments Tool to submit your reflection for evaluation.

1. Describe a meaningful experience you have had.
2. Explain what made the experience meaningful.
3. What is the value of reflection?
4. Can you learn without reflection?

Multiply the points by the weighted score and record in the total column for each rubric. Then tally the total points for the final score.

Weighted Score	Category	Exceeding 9-10 Points	Meeting 6-8 Points	Approaching 3-5 Points	Emerging 0-2 Points	Total
3	ASSIGNMENT Reflection Write a reflection about the value of reflection.	Wrote a thoughtful reflection describing an experience and the value of reflecting on that experience, demonstrating understanding of the importance of reflection.	Completed a reflection on the value of reflection.	Made a moderate effort to complete the reflection on the value of reflection.	Made a minimal effort to complete the reflection on the value of reflection.	