

Definitions & Concept

1. Define “reflection”
 - a. Reflection is best defined by the following quote from the Bridgeman College’s web page about Portfolio Development (http://www.bridgewater.edu/departments/pdp/pdp_essay.html): “To reflect on your experiences is really to engage in an intellectual exercise whereby you review in detail what you know (what you’ve read, or learned, or observed, or felt, or experienced) and then draw some conclusions about the experience’s significance in relation to the context of your life as a whole.”
2. Identify 3 major components in “reflection” (Constantino & De Lorenzo, 2002)
 - a. **Reflection involves systematically and insightfully thinking about what you are doing and learning.**
 - b. **It should lead to insightful change of behavior towards improvement and/or competence. It is a process that is cultivated over time.**
3. Look at Shannon’s definition posted on the web
 - a. The reflective essay is the major component of your ePortfolio. It is your opportunity to describe and document your growth as a student during your time at UMD. View this reflective essay as writing an essay to the formative assessment reviewer, and the subject of your essay is your portfolio. Your purpose in writing to the reviewer is to guide him/her in reading your portfolio and to describe your development over a period of time.
4. Go over assignment for next class activity
 - a. Write a reflection on an experience or activity
 - b. Handout has reflection questions
 - c. Reflection will be shared in group
 - d. Assigned Oct 3
 - e. Due Oct 10
 - f. *Part of participation grade