Definitions & Concept

1. Reflection
   “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. Reflection (Constantino & De Lorenzo, 2002)
   - Reflection involves **systematically and insightfully thinking** about what you are doing and learning.
   - It should lead to **insightful change** of behavior towards improvement and/or competence.
   - It is a process that is **cultivated over time**.

3. Shannon’s Definition
   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.

Assignment
- Due Oct 13
- Provide a self reflection of a positive or negative experience

Self Reflection
1. Describe a positive or negative experience for this self reflection.

2. What is the most important piece of information you gained from this experience?

3. Describe your actions/choices you executed in this experience?

4. What is the meaning of your actions and choices?

5. Why is this knowledge (meaning) important?

6. What learning and growth has occurred?

7. What change would you employ in the future?