Reflective Learning Template

# What is meaningful reflection?

Reflection is an integral component of [experiential learning (EL)](https://www.concordia.ca/academics/experiential-learning/introduction.html) and of a mentorship experience – it links the ‘concrete experience’ to the ‘learning’, facilitating the connection between the theory learned in class/ideas discussed and the practical experience gained.

Different types of reflection can take place:

* Cognitive – looks at new knowledge and skills you have learned
* Affective – looks at how you feel from the experience
* Process – reflects on the steps taken in the process

Reflection is ongoing. It should take place pre, during and post experience.  Depending on the nature of the activity, the reflective exercises may look different.

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|  | **Description** |
| **Pre-reflection** | Using some form of goal setting, students should reflect on what they would like to get out of their experience (reflect on assumptions, expectations, strengths, weaknesses, goals). |
| **Ongoing Reflection** | Students reflect while they are undertaking their experiential learning activity, while they are actively engaged (reflect through self-observation, questioning, modifying). |
| **Post-reflection** | Students look back at their learning journey(reflect through self-observation, questioning, modifying). |

*Source: Perry., S and Martin, R. 2016. Authentic Reflection for Experiential Learning at International Schools, International Journal of Research on Service-Learning and Community Engagement 4(1).*

Please answer the questions below for each type of reflection.

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| **Details of activity**  Provide details of the EL activity you undertook.  What were your intended learning outcomes of the activity? |

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| **Cognitive reflection: describes new knowledge and skills you have learned**  What goals were met during the experience?  What goals were not met and why?  Connect your EL experience to the content of your course. Provide specific examples.  Describe how the activity contributed to the development of your knowledge and skills.  What were the learning needs or objectives that were addressed?  What skills do you still need to improve and what ways can improvements be made? |

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| **Affective reflection– describes how you feel from the experience**  What were some of the strengths you have developed during the internship experience?  With the benefit of hindsight, what are your feelings about it?  Would you do this again? Why?  Describe how the activity contributed to the development of your values and beliefs.  Did you learn anything about yourself as a result of the EL activity? |

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| **Process – reflects on the steps taken in the process**  Is there anything you would you like to change about your EL experience?  Describe the benefits of participating in this EL activity.  What did you find to be the most difficult part of this activity? Why?  What did find to be the best part of this activity? Why?  Describe your contribution to this activity.  Does this EL experience relate to your long-term goals? If so, how?  How can you incorporate any new understanding or skill you have learned into your day-to-day practice?  What academic courses were helpful in preparing you for this activity?  What academic courses would have been helpful?  Have you identified any new learning needs which need to be shared with your supervisor? |

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|  | **Date reflective note completed** |