

**Abstract:**

This 90-minute session will immerse you in the theory and practices regarding reflection practices. Our lives today are so busy often we just perform our daily routines without stepping back for a moment to consciously think about what we did, why we did it and what did we learn from the experience. To improve our own lives as well as make a better world for all of us, the art of reflection is very powerful. We will practice some of these techniques in this hands on approach. You will leave with a personal plan to develop your reflective practices.

Learning Outcomes:

1. Analyze reflective practices theory and examples. The what, why and how. How can this be improved to meet goals?
2. Assess current reflective practices
3. Develop a personal reflective practices plan

Facilitation Plan:

1. Pre-workshop needs – Use a survey to determine current reflective practice knowledge
2. Reflective practices theory and examples. The what, why and how. How can this be improved to meet goals?
 - a. Review the pre-session survey results to demonstrate assessment of prior knowledge.
 - i. How can this be used in the reflection process?
 - ii. Explain and use the Daily Learning Journal
 - b. Show *Faculty Guidebook* and the *Student Success Toolbox*
 - i. Using handouts of Reflection -Meta Cognition have them read the article.
 1. Explain and use a Critical Reading Log
 2. Show a Vocabulary Log
 3. Enter this in the Daily Learning Journal
 - ii. Using the handout explain how to use the critical thinking questions for students and teacher.
 1. Take a few minutes to write questions down on the sticky notes.
 2. Show how you can work with them real time as well as collect them for reflection at a later time.
 - c. Review the rubric of Reflective practices
 - i. Give and ask for examples in the levels.
 - ii. Document in your Learning Activity Journal
3. Assess current reflective practices
 - a. Explain and the free write, field notes, collection points and weekly reviews as ways to document.
 - b. Conduct a free write – reflecting on this session so far describe the things that have made you think in a new way. What ideas, concepts and tools constitute your new way?
 - c. Pair share free write with someone at your table.
 - d. Document in your Learning Activity Journal

