Why so much reflection....
... and what is a reflection anyway?

• Reflection a process of examining and interpreting experience to gain new understanding.

• When part of the learning process reflection should:
  • transform experience into genuine learning about individual values and goals and about larger social issues.
  • challenge students to connect activities to learning objectives and to develop higher-level thinking and problem solving.
  • work against the perpetuation of stereotypes by raising students' awareness of the social structures

Reflections contain 3 parts: What, so what, now what

• **What?:** Is descriptive, deals with facts, what happened, with whom
  • Examples of "what" questions: What did I experience today?, What did I see

• **So What?** Shifts from descriptive to interpretive, Meaning of experience for each participant, Feelings involved, lessons learned?
  • Examples of "so what" questions: What has this meant to me?, What impact does this have on me? On the community? Nation? How will this change me?

• **Now What?** Applying lessons learned/insights gained to new situations, setting future goals, creating an action plan
  • Examples of "now what" questions: What is the next step in dealing with this issue? What changes can I make in my life to make an impact?, Is there something larger I can begin to do?, Are there others that can help me in my efforts?