Reflection

What is reflection and how does this help me learn?

Reflection is an important skill as it helps you to develop critical thinking and evaluation skills and to take ownership of your own academic, personal and professional development. Reflection can be used for assessment AS and FOR learning.

Reflection helps you to think critically about different aspects of your academic skills and experiences in college. Examples include reflection in an online journal on your role within a team (e.g. responsibilities, project management, communication skills and managing group dynamics); within a clinical work setting or student placement; in relation to a particular skill (for example academic writing or presentation skills) or in relation to a specific assignment (or series of assignments) such as an exam, project, essay, or lab report.

Reflection, as a form of assessment, is designed to empower you with the necessary tools to become a better learner. For that reason, it may or may not be graded and is primarily concerned with generating meaningful feedback so that you can learn to self-regulate your learning.

Student Learning Development
7 – 9 South Leinster St,
Trinity College,
Dublin 2

Tel: +353 1 896 1407
Web: https://student-learning.tcd.ie/
Blackboard module: Academic Skills For Successful Learning
E-mail: student.learning@tcd.ie

Student Assessment Resources

Which Graduate Attributes will this assessment help me develop?

A TRINITY GRADUATE

- Has a deep knowledge of an academic discipline
- Can do independent research
- Thinks creatively
- Thinks critically
- Appreciates knowledge beyond their chosen field
- Analyses and synthesises evidence

To Think Independently

To Communicate Effectively

A TRINITY GRADUATE

- Can present work through all media
- Is expert in the communication tools of a discipline
- Connects with people
- Listens. persuades and collaborates
- Has digital skills
- Has language skills

A TRINITY GRADUATE

- Acts on the basis of knowledge and understanding
- Is self-motivated and able to take responsibility
- Knows how to deal with ambiguity
- Is an effective participant in teams
- Has a global perspective
- Is ethically aware

To Act Responsibly

To Develop Continuously

A TRINITY GRADUATE

- Has a passion to continue learning
- Builds and maintains career readiness
- Commits to personal development through reflection
- Has the confidence to take measured risks
- Is capable of adapting to change

Reflection can help you to develop and improve some or all of the **Graduate Attributes**, depending on your experience and skill level, and the assessment criteria. Here are some examples:

- To Think Independently
  - For example, to consider the content creatively and critically and your engagement with it.
- To Communicate Effectively
  - In particular, to reflect on your ability to present your observations to others and to connect with people.
- To Develop Continuously
  - Such as evaluating your performance and setting goals for improvement.
- To Act Responsibly
  - For example, by taking ownership of your own learning through reflecting and setting goals on an ongoing basis.

Student Learning Development
7 – 9 South Leinster St,
Trinity College,
Dublin 2

Tel: +353 1 896 1407
Web: https://student-learning.tcd.ie/
Blackboard module: Academic Skills For Successful Learning
E-mail: student.learning@tcd.ie

Student Assessment Resources

What is expected of me?

It is likely that your lecturer will provide you with a rubric, criteria or template to help you to reflect on a particular experience, scenario or form of assessment. Typical prompt questions for reflection, evaluation and goal setting may include the following:

- Describe the task, scenario or situation.
- Describe the steps you took to complete the task or goal.
- Analyse why you took the approach that you took.
- Evaluate the outcome (Were you successful or not?)
- What were the successes/challenges in completing the task?
- What would you do differently the next time?
- What have you learned?

Further information

http://www.tcd.ie/CAPSL/assets/articulate/eLearning/UsingOnlineJournalsforReflection/story_html5.html

Reflective learning videos from Kevin Kelly, Assistant Professor, Mechanical & Manufacturing Engineering and the e-learning team, CAPSL, Trinity College Dublin:

Reflective Learning, Part I https://www.youtube.com/watch?v=qXzptQdMUMs

Reflective Learning, Part II https://www.youtube.com/watch?v=1c-jYcQJU5o

Reflective Learning, Part III https://www.youtube.com/watch?v=WdfWJOLf4iM

Student Learning Development
7 – 9 South Leinster St,
Trinity College,
Dublin 2

Tel: +353 1 896 1407
Web: https://student-learning.tcd.ie/
Blackboard module: Academic Skills For Successful Learning
E-mail: student.learning@tcd.ie