

# Students Reflect to Improve learning

Reflection gives your students the opportunity to reflect on their abilities and potentials, and helps them recognize their strengths and weaknesses.

## Activity: Reflection Essay



- A writing activity accompanying a course assignment (such as a project or lab report).
- It helps the student to think deeply about the strategies he uses to learn.
- The student writes a reflection (no more than 250 words) by answering two questions: How did I accomplish the task? How can I improve it in the future?

*\* To apply it online, use blogs or Google Forms.*

## Activity: The One Minute Reflection Paper



- A very short writing activity that takes place inside the classroom and takes about a minute.
- The activity includes a question about a topic that will be discussed in the lecture, so that the student reflects on his background and what he will learn while answering the question. For example: What is the most important concept you have learned in lecture today?
- Note: The one-minute paper is often used for the professor to obtain feedback from the students, improve his performance, and prepare for the next lecture.

*\* To apply it online, use the electronic wall such as Padlet.*

## Reflection

A structured and purposeful learning activity in which past experiences and practices are analyzed in order to improve learning.

### Examples for Methods of Reflection

- **Writing:** reflective report or article, blog post, journaling, the one-minute paper.
- **Conversation with others:** Report a conversation with a more experienced person, or with peers.

The student can reflect alone or with others; at the beginning of the lecture, immediately after, or during it; depending on the goal of reflection.

