1. Choose a topic that connects your discipline/material to the students’ lives.

2. Incorporate an exercise, self-assessment, video, article link.

3. Structure questions to prompt one of the following:
   - Reflect on a specific event or experience (Content)
   - Reflect on how to respond to the event or experience (Process)
   - Reflect on underlying theories, opinions, or values about the event or experience (Premise)

**EXAMPLES:**

“How did it feel to do this research? What skills did you acquire?”

“What was the hardest part for you? What was the easiest part for you?”

“What do you understand about X? What don’t you understand about X?”
Scroll over the circles below to read the two Reflection Exercises. Schedule some time to complete these, so you can write about one of them in the Lesson 6 Reflection Writing Assignment.

Example Reflection Activity from PSYC 1101

Reflection Exercises

Pros and Cons

Brainstorm benefits of "wild play" and "forest kindergarten." What advantages do they have over traditional methods? What disadvantages?

Children at Play

Observe some children at play: how closely are they supervised? How much freedom do they have, or how regulated are their activities?

“We do not learn from experience. We learn from reflecting on our experiences.”

- John Dewey