How To Write a Reflection

Write at least two paragraphs that address the prompt.

Here are some tips about the how and why of doing reflections:

When you write a reflection, you want to share how you've grown, what you've learned (about yourself, your work habits, skills, thinking) and that you are capable of **metacognition**.

Go into detail and give examples of what you are writing about. Be specific. This will give insights about your growth and maturity. Simply giving over-generalized statements is not revealing much about who you are. For example, " . . . when I received critiques about my work, I used the feedback to improve the quality of my product and now I produce better work . . ." is the start of a reflection, **not a reflection itself**. Tell a story about when this occurred. Share how it made you feel or what you thought at the time. Explain how it changed you or how you now work. Show examples.

Here are some areas that could deepen your reflection:

Forward-thinking- How will you do things different in the future? In future projects? In the next years here at HTH? At college? In your career? How will you avoid future mistakes? How will you incorporate those things that made you successful? How will your experiences this year help you in the future? Your remaining years here at HTH? At college? In your career?

Backward-thinking- If you could start over again, what would you do different? How would you plan or design or organize differently? What did you know before you started a project and what did you learn? How did you improve as you worked? What processes did you go through? If you could go back in time, what advice would you give yourself?

Inward-thinking- Look inside of yourself. Your thoughts. Your feelings. How have you grown? Are you capable of change? How did some events (things, incidents, challenges, problems) make you feel? What did you learn from it?

Outward-thinking- How do you work with other people in challenging situations? Are you able to adapt to new learning or problems? What do you do when a partner is not doing their share? What do you do when you know you are not doing your share? Can you find new resources to help you with your work?

Why do successful people reflect?

1. It helps you learn from your mistakes.
2. It gives you great ideas.
3. It helps you help others
4. It makes you happier.
5. It gives you perspective.