

Reflective Writing Assignment

### **Introduction**

* **Brief overview**: Introduce the topic or experience you are reflecting on.
* **Purpose**: State what you aim to explore or understand through this reflective essay.
* **Thesis statement**: Present a brief statement of what your reflection revealed to you or the main insight you gained.

### **Body**

**Paragraph 1: Description**

* **What happened?**: Describe the event or experience in detail, focusing on the key aspects that are relevant to your reflection.
* **Setting and participants**: Mention where it took place and who was involved.

**Paragraph 2: Analysis**

* **Emotional response**: Discuss your initial feelings and thoughts about the experience.
* **Challenges and successes**: Identify any challenges you faced and how you dealt with them, as well as what was successful.
* **Comparisons**: Relate this experience to your previous knowledge or experiences, noting any similarities or differences.

#### **Paragraph 3: Learning and Growth**

* **Insights gained**: Explain the insights or realizations you came to during and after the experience.
* **Skills developed**: Discuss any skills or competencies you developed or improved upon.
* **Theoretical connections**: Link your experiences and insights to relevant theories or literature, if applicable.

### **Conclusion**

* **Reflection summary**: Summarize your overall learning and the emotional journey of your experience.
* **Future application**: Discuss how the insights gained will affect your future actions, decisions, or your perspective on similar topics.
* **Closing thoughts**: Offer a final thought or question to leave the reader with something to ponder.

### **References (if any)**

* **Citing sources**: List any sources you have referred to, adhering to the appropriate academic style (APA, MLA, Chicago, etc.).