

Reflection Activities

Suggestions for Successful Introspection

What are the different types of reflective activities that can be used in service projects?

A variety of activities can be used to facilitate student reflection. Faculty can require students to keep journals, organize presentations by community leaders, encourage students to publicly discuss their service experiences and the learning that ensued, and require students to prepare reports to demonstrate their learning.

Reflective Activity Best Practices

When constructing the reflection activities, teachers should consider the following:

1. Reflection activities should involve individual learners and address interactions with peers, community members, and staff of community agencies.
2. Students with different learning styles may prefer different types of activities. Teachers should select a range of reflective activities to meet the needs of different learners.
3. Different types of reflection activities may be appropriate at different stages of the service experience. For example, case studies and readings can help students prepare for the service experience.

Example Reflective Activities

Reflection activities can involve reading, writing, doing, and telling. Here are a few great examples:

Speaking

- Class/group discussions
- Oral reports to class
- Discussions with community members or experts on the issue
- Public speaking on the project
- Teaching material to younger students
- Testimony before policymaking bodies, such as: school boards.

Writing

- Essay, research paper, or final paper
- Personal narratives
- Journal or log
- Case study or history
- Narrative for a video, film, or slide show
- Newspaper, magazine, and other published articles

Multimedia

- Photo, slide, or video essay
- Paintings, drawings, or collages
- Dance, music, or theater presentations

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