Principles of Good Reflection Practice*

1. Continuous – throughout the semester

2. Connected – to the intellectual, academic, and civic learning goals

3. Challenging – by encouraging critical thinking and analysis that produces new understanding, raises new questions, and moves toward new frameworks for problem-solving

4. Contextualized – considers the level of the course, the students in the course, etc.

5. Coaching – provides ongoing, rather than intermittent, feedback