

Reflective writing: a basic introduction

An increasing number of courses require students to write reflectively. Reflective writing may be an occasional requirement or it may be a core feature of most or all assignments. There are many different models of reflection and it is vital that you follow any guidelines offered on your course.

The aim of this handout is to model some basic ideas about reflective writing. We are not suggesting that this is the only way to approach it!

What is reflective writing?

Reflective writing is evidence of reflective thinking. In an academic context, reflective thinking usually involves:

- 1 Looking back at something (often an event, i.e. something that happened, but it could also be an idea or object).
- 2 Analysing the event or idea (thinking in depth and from different perspectives, and trying to explain, often with reference to a model or theory from your subject).
- 3 Thinking carefully about what the event or idea means for you and your ongoing progress as a learner and/or practising professional.

Reflective writing is thus more personal than other kinds of academic writing. We all think reflectively in everyday life, of course, but perhaps not to the same depth as that expected in good reflective writing at university level.

Example of basic reflective writing

Specific tasks were shared out amongst members of my team. Initially, however, the tasks were not seen as equally difficult by all team members. Cooperation between group members was at risk because of this perception of unfairness. Social interdependence theory recognises a type of group interaction called 'positive interdependence', meaning cooperation (Johnson & Johnson, 1990, cited by Maughan & Webb, 2001), and many studies have demonstrated that "cooperative learning experiences encourage higher achievement" (Maughan & Webb, 2001). Ultimately, our group achieved a successful outcome, but to improve the process, we perhaps needed a chairperson to help encourage cooperation when tasks were being shared out. In future group work, on the course and at work, I would probably suggest this.

Reference

Maughan, C., & Webb, J. (2001). *Small group learning and assessment*. Retrieved August 01, 2007, from the Higher Education Academy website: www.ukole.ac.uk/resources/temp/assessment.html

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Daniela Niemeyer



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