



UCF

Experiential Learning

Student Learning and Academic Success

UNIVERSITY OF CENTRAL FLORIDA



UCFEL



UCF_EL



UCF_EL



UCF Experiential Learning

CSEL Building, Suite 300 | 407-823-5000 | academicsuccess.ucf.edu/explearning

REFLECTIVE WRITING WORKSHOP



Knights of Distinction

knightsofdistinction@ucf.edu

Overview

- What does it mean to *reflect*, and what does it look like?
- Where is reflective writing used?
- What to consider when you reflect
- Using reflective writing in your academic work
- Hard vs. Soft Skills

Have a QR code reader ready to go!



A person's silhouette stands on a beach at sunset, with their reflection in the water. The sky is a mix of orange, red, and dark blue, with the sun low on the horizon. The water is calm, creating a clear reflection of the person and the sky. The overall mood is contemplative and serene.

WHAT DOES IT MEAN
TO REFLECT?

What is Reflective Writing?

- Critically analyzing an experience
- Recording how it has impacted you
- What you **plan** to do with your **new knowledge** and **skills**
- It helps you reflect on a deeper level as the act of getting something down on paper often helps people think an experience through.
- The **key** to reflective writing is to be **analytical** rather than descriptive.
- Always ask **why** rather than just describing what happened during an experience.

D

Describe the experience.

E

Examine the experience through the lens of academic concepts or strategies.

AL

Articulate Learning by explaining what you learned, how you learned it, and why it's important.



What Does Reflective Writing Look Like?

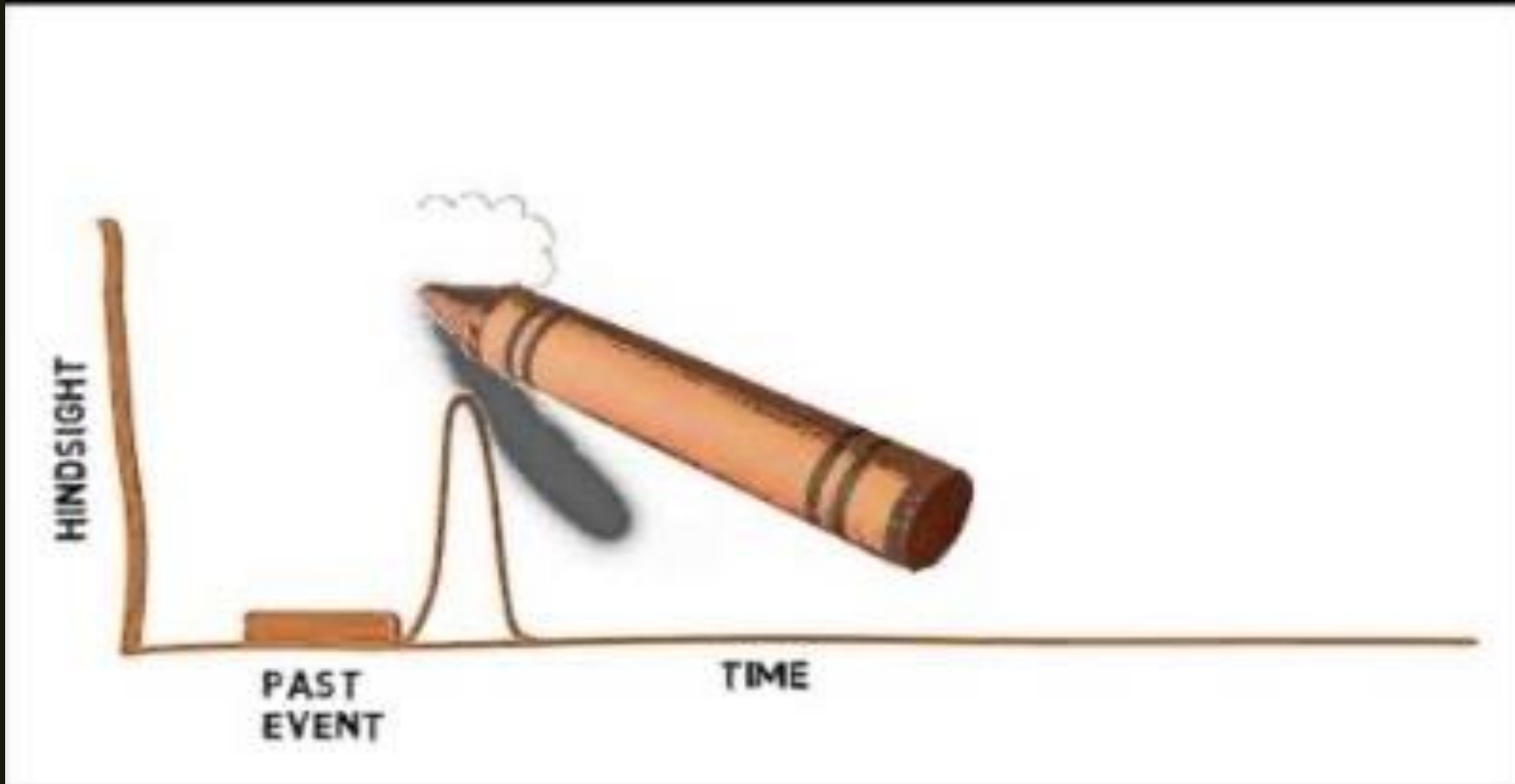
Reflective writing is...

- Written in the first person
- Analytical
- Free flowing
- Subjective
- A tool to challenge assumptions
- A time investment

Reflective writing isn't...

- Written in third person
- Descriptive
- What you think you should write
- Objective
- A tool to ignore assumptions
- A waste of time





Where Might You Use Reflective Writing?

- **In academic writing**
 - As students, you may be asked to include some form of reflection in an academic assignment.
 - For example, relating a topic to your real-life circumstances or thinking about your opinion on or reactions to texts and other research and writing about this in your own work.
- **During the research process**
 - As researchers, when you work on a project, you will often think about the way you are working and how it could be improved as well as considering different approaches to achieve your research goal.
 - You will often record this in some way, such as in a lab book, and this questioning approach is a form of reflective writing.
- **Job applications**
 - Cover letters often require applicants to reflect on their experiences and list transferable skills to “prove” that they are capable, competent, and adept candidates.
- **Written feedback**
- **Blogging**



When You Reflect, Think About:

- All of the activities you do daily
- Do any of these contain elements of reflective writing?
- Make a (mental) list of all the times you have written something reflective over the last month—it will be longer than you think!



To Keep in Mind....

- A common mistake people make when writing reflectively is to focus too much on describing their experiences.
- Think about some of these phrases and try to use them when writing reflectively to help you avoid this problem.
- Always try and write in the first person when writing reflectively.
- This will help you to focus on your thoughts/feelings/experiences rather than just a description of the experience.

The most important thing was...

At the time I felt...

It was likely due to...

After thinking about it...

I learned that...

I need to know more about...

Later I realized...

This was because...

This was like...

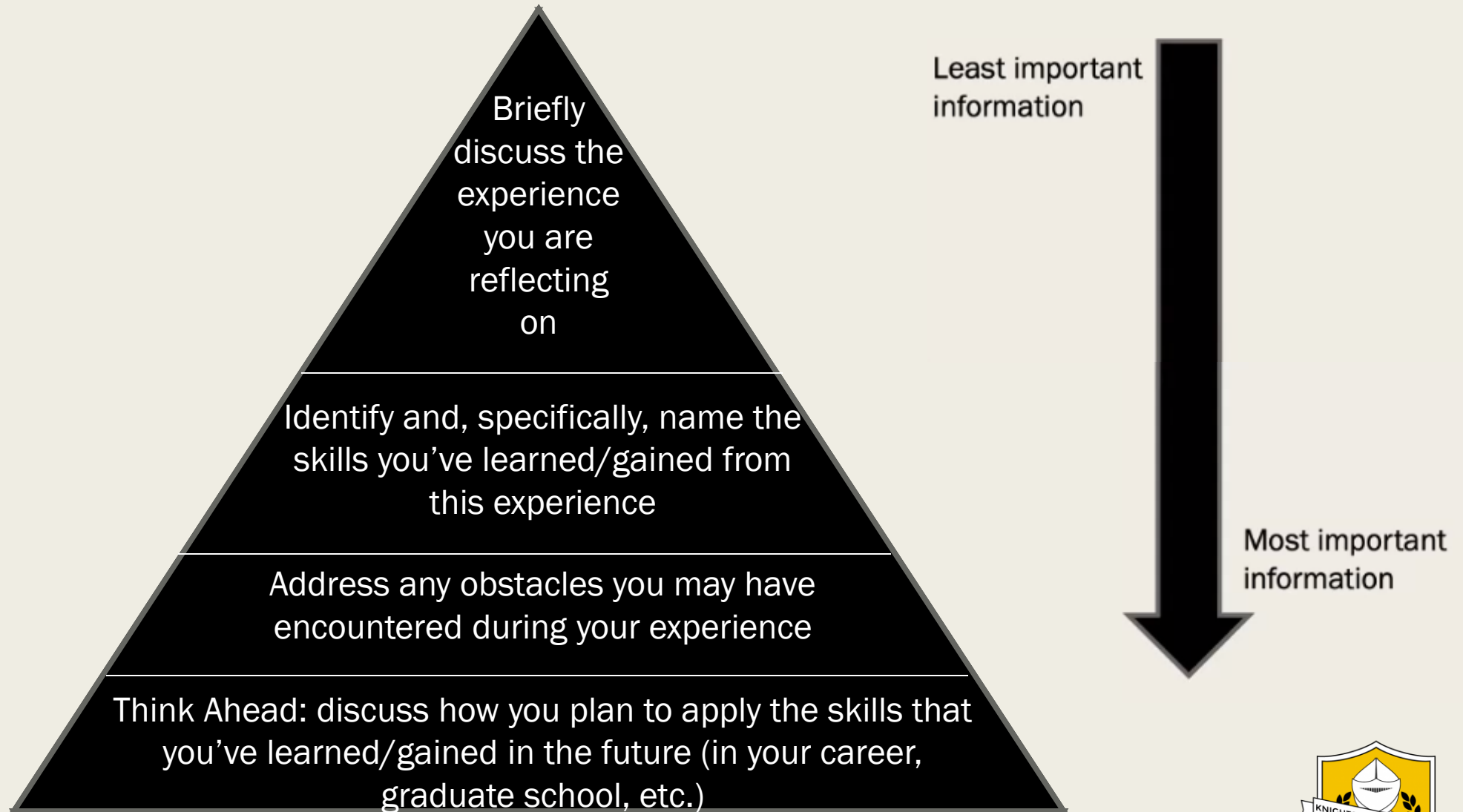
I wonder what would happen if...

I'm still unsure about...

My next steps are...



Using Reflective Writing in Your Academic Work



A silhouette of a person stands on a beach at sunset, looking out at the ocean. The sky is filled with vibrant orange and red clouds, and the sun is low on the horizon, casting a reflection on the water. The person's shadow is cast on the sand in front of them. The text "HOW CAN I IDENTIFY SKILLS?" is overlaid in white, bold, sans-serif font across the center of the image.

HOW CAN I IDENTIFY SKILLS?

HARD SKILLS



SOFT SKILLS



Examples of Hard and Soft Skills

Hard Skills

- A degree (or other academic qualification)
- An industry specific certification
- Coding ability
- Foreign language skills
- Typing speed
- SEO marketing
- Bookkeeping
- Computer skills
- Proofreading

Soft Skills

- Interpersonal skills
- Leadership
- Project management
- Problem solving
- A good work ethic
- Team working
- Adaptability
- Perseverance
- Communication skills



Hard and Soft Skills



* Required

1. What is one soft skill you want to add to your resume? *

2. What is one hard skill you want to add to your resume? *

Submit

Never give out your password. [Report abuse](#)

< Previous slide

Next slide >

Reflective Writing Check-List



Choose 1-2 of your most meaningful experiences



State the skills you learned



Provide an example of a situation where you learned new skills



Explain how you can adapt/apply your skills to new contexts



Tie your newly learned skills to your future goals



Reflective Writing Practice

Take five minutes to practice writing reflectively with the help of this worksheet.



* Required

Looking Back

1. Looking back at an experience, reflect on your expectations before the experience. *

2. Looking back at an experience, reflect on how you approached it. *

3. Looking back at an experience, reflect on which parts you found easy/hard. *

CONTACT US



Email: KnightsOfDistinction@ucf.edu



Phone: (407) 823-5000



Website: <https://academicsuccess.ucf.edu/explearning/students/knights-of-distinction/>

To schedule a meeting with one of our team members, please visit

Handshake: <https://joinhandshake.com/>

FOLLOW US ON SOCIAL MEDIA



facebook : UCF Experiential Learning



Instagram ucfkod



LinkedIn : UCF Experiential Learning



Survey



1. How would you rate the Reflective Writing Workshop material?



2. How would you rate the instructors of the Reflective Writing Workshop?



Submit

Never give out your password. [Report abuse](#)

