



Reflection Paper Format

Your guide to writing excellent reflections in science class

What is a Reflection Paper?

A reflection is a paper in which the author thinks critically about an experience s/he has had in the past. Reflection papers have three main parts: Description, Examination, and Articulation of Learning. The goal is to think back on an experience and discover the lesson learned or understanding gained from it.

How should it be written?

A typical reflection paper is between 3-6 paragraphs. They should be typed in Double-spaced, size 12 Times New Roman Font. Hand-written papers are acceptable if necessary. If handwritten, skip lines on college-ruled loose-leaf paper.

What about the Format?

The paper will be divided into three parts:

Part 1- Description: *Reflect on what you did.*

In 1-2 paragraphs, answer these questions:

- *When did you have the experience?*
- *Who did you work with?*
- *What materials did you use?*
- *What exactly did you do?*

Part 2- Examination: *Consider your experience.*

In 1-2 paragraphs, answer these questions:

- *In what ways was your experience different/similar to what you expected based on what you learned in class?*

- *How did this experience increase your understanding of an academic concept?*
- *How did you perform? What could you have done differently to enhance the experience for yourself or better support your group ?*

Part 3- Articulation or Learning: *Clearly state the lesson learned or understanding gained*

In 1-2 paragraphs, answer these questions:

- *Recap what you have learned.*
- *Why is what you learned important?*

Things to keep in mind

- While the *Description* part of your reflection will give an overview of EVERYTHING you did, often, the *Examination* and *Articulation* sections focus on the smaller details of the experience. Think about what will stick with you the most and focus on these details as you examine and articulate your learning.
- Remember, the lesson you learn/understanding you gain could come from the academic concept we are studying OR it could be about you and something you learned about yourself. For example, if you had to work with a group you may have learned a valuable lesson about teamwork. Either is acceptable.
- Continue to work on producing the best writing possible. Carefully consider your word choice, check your Capitalization, Usage, Punctuation, and Spelling (CUPS) and proofread your work before submitting it.