Tips for Writing a Reflection

In the simplest terms, reflective writing is defined as a description and a review of your work. Reflection is a valuable skill to develop: it helps you to solve problems easier because you examine both positive and negative past experiences. Consequently, regular reflection can contribute to your success in both the academic world as well as the world of work.

Reflecting on a piece of work can sometimes be a daunting task. Below are some topics to consider when writing a reflection on a particular artifact you choose for inclusion in your e-portfolio:

* Experience gained (both positive and negative)
* Appraisal/evaluation of the artifact (both positive and negative)
* Development of a new skill/technique/ability
* Knowledge acquired/material learned
* Ability to work within a team or on your own
* Comments made by others
* Suggestions for future practice/improvement