

Knowing (learning) evolves from a dynamic interplay between the experience and the reflective. And reflection deepens awareness and insight.

To nurture the reflective aspects commit to writing notes about your course experiences as a regular ongoing (daily/weekly) activity. Make time for this and practice it. Create a quiet moment (if only for a few minutes!)—for to act from a quiet mind fosters true insight.

Write, but feel free to add visual notes as needed. Write spontaneously. Reflect on some curiosity, a delight, a challenge, an observation, or what you read, saw or experienced. Savor this experience of insight.

On a regular basis, incorporate your notes into your Tumblr blog or if you feel inhibited to post your notes publicly, share them with faculty via email. Sharing your “insights” allows us to be more informed of you: your interests, thinking and processing of ideas. Meant as “nothing to prove” don’t expect a critique or response, but they serve as evidence of your attention to your work and assignments.

- Keep writing simple, in topic and style.
- You don’t have to impress anyone with excessive facts or knowledge.
- Use any writing style that feels comfortable and natural to you.
- Don’t belabor the task—this is not an English class, not a thesis, not a test.
- Simply practice this reflective mode with sincerity.

NOTE: This practice will also help you toward the final course requirement, which is to create a Reflective Documentation about your work and what you learned in this course.

Toward the end of the course reflect on your experiences, your inquiries and work, course content and methods, and what you learned. Then develop a written and illustrated overview that reflects on the whole course and each course unit.

Although not meant as merely a “process” book with a step-by-step “report” that documents your process and result, this is inherent to include but in a reflective manner:

- That examines what you did and why
- That notes experiments and failures
- That critically evaluates developments and results,
- That speculates on what could improve results.

Carefully consider its content and cover all the assignments. Describe your interests, criticism, enthusiasm, relational views, and insights gained (your ongoing “reflections” can weave into this as well).

- With the limited time left design this documentation in a straightforward manner. Format options are open (pdf, book, boxed, web posting, etc), but may be specified in each section.
- There is no limit to the scope of this reflective work, but the more time you can give this task the more you will benefit from it!