

METHODS FOR INCLUDING SELF-REFLECTION

- **The One Minute Paper** (Angelo and Cross, 1993): Ask students to reflect on
 1. What was the most important thing you learned in this class?
 2. What questions remain unanswered?Students can answer these questions privately or share their answers with their classmates and reply to classmates' comments.

- **Critical Incident Questionnaire (CIQ)** [Stephen Brookfield (1995), rev. Palloff and Pratt (2009)]: Ask students: At what moment in class this week did you feel most engaged with what was happening?
 1. At what moment in class this week did you feel most distanced from what was happening?
 2. What action that anyone (teacher or student) took in class this week did you find most affirming or helpful?
 3. What action that anyone (teacher or student) took in class this week did you find most puzzling or confusing?
 4. What about the class this week surprised you the most? (This could be something about your own reactions to what went on, or something that someone did, or anything else that occurs to you).

- **Student Assessment of Learning Gains (SALG)**: provides a course evaluation tool to collect information on student learning. Instructors can tailor the SALG to their own course, and the tool is free.
<http://www.salgsite.org/>

- **Integrate self-reflection into discussion posts**: discussion posts allow students the opportunity and to reflect on course content and on their peer's comments. Discussion posts also provide instructors with written material on which to evaluate students' progress.
Suggestions to help with the design of discussion posts from J.V. Boettcher, PhD:
 - Ask open ended questions in which students can apply the concepts they are learning. Avoid questions that have a specific answer and don't require deeper analysis.
 - Reply to student's posts by asking follow-up questions: Why do you think that? What is your reasoning?
 - Provide guidelines and instruction on responding to their peer's discussion posts
 - What did you like or agreed with? What resonated with you?
 - Provide a follow-up question such as something that you are curious about
 - Provide options for students , allowing them to customize or apply their learning to real life applications of their choice

- **Integrate self-reflection into group work**: some questions to guide self-assessment of group work participation are
 1. What contribution did you make to the work of the group?
 2. What contributions or role did each group member play?
 3. Was your contribution to the group significant?