

## Reflection Papers

### *What is it?*

A reflection is a paper where you are asked to write your own ideas and thoughts about something. Often reflections are written to enable the writer to give serious thought or consideration to a past experience, but they can also be assigned as a reflection to a text.

### *What is the purpose?*

The purpose for writing reflective papers is to help students improve on their analytical skills because in order to write an effective reflection, students have to not only express what they think, but how and why.

### *Can I get it wrong?*

Reflections have no right or wrong answers and they do not argue ideas since they are based on personal experience. Therefore, the main component of a reflection should be an analysis of observations, experiences, and opinions from your own point of view. Ensure you have answered every part of the prompt from your instructor and provide plenty of details as a reflection is generally a deep analysis.

### **Steps to Writing a Reflection Paper**

1. Narrow down a topic if one has not been provided for you by your instructor. A reflection requires a deep analysis, so narrow down the topic.
2. Brainstorm what you will say about the topic.
3. Make an outline to organize your thoughts.
4. Write your paper. Make sure to include an introduction that ends with a thesis.
5. Expand on your ideas in the body paragraphs. If your opinion changed, your body paragraphs can walk your reader through how the change occurred. A common way to format this is chronologically. The number of body paragraphs will be determined by the requirements from your instructor.
6. End with a conclusion that wraps everything up for your reader. In the conclusion, you may also want to include how this experience will affect you moving forward.