

Reflective Essay

Original Instructions

<http://web.cecs.pdx.edu/~sheard/course/Fring/DailyRecord.html#Today>

https://webct.pdx.edu/SCRIPT/unst161ts/scripts/serve_home

My belief about myself as a learner when I entered the class was a positive one. I attended a college prep school for high school and went to Oregon State University last year. I had plenty of practice with different learning techniques and found what works well for me. I believe I'm more of a visual learner than an auditory learner. It is easier to see a powerpoint and retain the knowledge then listen to a lecture and have the same retention. Entering the class I thought I liked working in groups more than working individually on projects, but that has since changed. I think it is more beneficial to me to work alone because I can get more done. When I entered the class I believed that reading the material closer to the due date was a better idea because I may not remember what I had read if I didn't.

What I have discovered about myself, as a learner over the term is vast. I learned that I can read the material way in advance and just briefly skim over the text and remember just about everything, where as I thought reading closer was more beneficial. I also learned that working in groups really isn't my specialty. I prefer working by myself because I'm able to get a lot more done and not have to worry about other people forgetting their part of the project. I don't like having to worry about other people not following through. I also learned that looking at the daily record in advanced helped me

How To Start A Self Reflection Paper

Joacim Rocklöv



How To Start A Self Reflection Paper:

Teaching Science With Interactive Notebooks Kellie Marcarelli, 2010-05-18 Increase student learning in the inquiry based science classroom Interactive notebooks allow students to record observations reflect on learning and self assess their work Packed with student examples this detailed guide explains the unique features that make interactive notebooks more effective tools than conventional notebooks for science classrooms This resource Describes the nuts and bolts of implementing interactive notebooks including execution time management and grading Uses the 5E Learning Cycle as the framework for science instruction Emphasizes the importance of writing in science and provides strategies for modeling effective writing Explores strategies to encourage collaborative student inquiry and foster whole class discussions

Clinical Supervision Activities for Increasing Competence and Self-Awareness Roy A. Bean, Sean D. Davis, Maureen P. Davey, 2014-03-18 Cultivate self awareness empathy and clinical competence in the mental health professionals you supervise Providing tested guidance for clinical supervisors of mental health professionals editors Roy A Bean Sean D Davis and Maureen P Davey draw from their own backgrounds in training private practice and academe as well as from an international panel of experts representing various mental health fields to provide activities and best practices that allow therapists to better serve an increasingly diverse set of clients and issues While clinical skills are easily observed the more subtle areas of self awareness or exploring unexamined judgments are more difficult to spot and to provide supervision and guidance for The numerous experiential activities included will help supervisors and the mental health professional they supervise develop their skills and techniques around Intuition Empathy Self awareness Mindfulness Multicultural awareness Perspective taking The book covers both clinical as well as diversity focused competence and awareness and suggests various forms of activities including research exercises reflection journaling and more Each activity includes measurement metrics as well as additional resources that help clinicians identify the best activity for a given situation Appropriate for clinicians at every level and from a multitude of backgrounds these tried and tested best practices can be used in clinical supervision as a class assignment or to facilitate professional growth

Handbook of Research on Creating Meaningful Experiences in Online Courses Kyei-Blankson, Lydia, Ntuli, Esther, Blankson, Joseph, 2019-11-29 While online courses are said to be beneficial and many reputable brick and mortar higher education institutions are now offering undergraduate and graduate programs online there is still ongoing debate on issues related to credibility and acceptability There is some reluctance to teach online and to admit and hire students who have enrolled in online programs Given these concerns it is essential that educators in online communities continue to share the significant learning experiences and outcomes that occur in online classrooms and highlight pedagogical practices used by online instructors to make their courses and programs comparable to those offered face to face The Handbook of Research on Creating Meaningful Experiences in Online Courses is a comprehensive research book that examines the quality of courses in higher education that are offered exclusively online and details strategies and

practices used by online instructors to create meaningful teaching and learning experiences in online courses Featuring a range of topics such as gamification professional development and learning outcomes this book is ideal for academicians researchers educators administrators instructional designers curriculum developers higher education faculty and students

Creating Contexts for Learning and Self-authorship Marcia B. Baxter Magolda,1999 This book is intended to help college faculty create conditions in which students learn to construct knowledge in their disciplines and achieve self authorship A significant and often overlooked dimension mediating learning and self authorship centers on learners ways of knowing or their assumptions about the nature limits and certainty of knowledge A learner who assumes that all knowledge is certain expects to hear answers from an authority figure in contrast a learner who views knowledge as relative expects to explore multiple viewpoints By taking a constructive developmental approach the author demonstrates how students ability to construct knowledge is intertwined with the development of their assumptions about knowledge itself and their role in creating it She shows how the structure of constructive developmental teaching hinges on three principles validating students ability to know situating learning in students experience and defining learning as teachers and students mutually constructing meaning The book also takes abstract pedagogical principles and translates them into practical approaches

Handbook of Reflection and Reflective Inquiry Nona Lyons,2010-04-07 Philosophers have warned of the perils of a life spent without reflection but what constitutes reflective inquiry and why it s necessary in our lives can be an elusive concept Synthesizing ideas from minds as diverse as John Dewey and Paulo Freire theHandbook of Reflection and Reflective Inquiry presents reflective thought in its most vital aspects not as a fanciful or nostalgic exercise but as a powerful means of seeing familiar events anew encouraging critical thinking and crucial insight teaching and learning In its opening pages two seasoned educators Maxine Greene and Lee Shulman discuss reflective inquiry as a form of active attention Thoreau s wide awakeness an act of consciousness and a process by which people can understand themselves their work particularly in the form of life projects and others Building on this foundation the Handbook analyzes through the work of 40 internationally oriented authors Definitional issues concerning reflection what it is and is not Worldwide social and moral conditions contributing to the growing interest in reflective inquiry in professional education Reflection as promoted across professional educational domains including K 12 education teacher education occupational therapy and the law Methods of facilitating and scaffolding reflective engagement Current pedagogical and research practices in reflection Approaches to assessing reflective inquiry Educators across the professions as well as adult educators counselors and psychologists and curriculum developers concerned with adult learning will find the Handbook of Reflection and Reflective Inquiry an invaluable teaching tool for challenging times

The New Roadmap for Creating Online Courses Catherine R. Barber,Janet K. McCollum,Wendy L. Maboudian,2020-06-11 Are you ready to create an online course but do not know where to start Do your online learners seem isolated and disengaged Are your online courses effective enough for the current competitive market

Whether you are an instructor instructional designer or part of a team this interactive workbook will help you create effective online courses to engage your learners Key features of the workbook include integrating cognitive social and emotional aspects of learning explaining the central role of self reflection dialogue and realistic application the incorporation of themes scenarios and characters to provide relevant and meaningful learning experiences and the use of semiotics for inclusion of diverse learners As you journey through the course creation process in this workbook you will expand your ideas and discover new possibilities for the students taking your online course

Living Spiritual Praxis Eric J. Kyle,2013-10-24

Christian ministers working in congregations and with nonprofits seek to discern what it is that God has been doing and where it is that the Spirit might be leading them In *Living Spiritual Praxis* Eric Kyle looks to address the lack of resources on the work and dynamics of Christian spiritual formation that actually develop a specific process for spiritual formation programs Kyle strives to provide a guide for spiritual formation by using the praxis oriented fields of action research and practical theology He explores a process for understanding the nature and dynamics of a situation discerning specific formative interventions assessing various approaches and continually assessing and modifying these understandings and approaches *Living Spiritual Praxis* will be an invaluable resource for all Christians leaders and laity alike who are challenged by the spiritual formation of church members communities groups and individuals

Business Schools, Leadership and the Sustainable Development Goals Lars Moratis,Frans Melissen,2022-12-30 *Business Schools Leadership and Sustainable Development Goals* The Future of Responsible Management Education is the sixth book in the series *Citizenship and Sustainability in Organizations* It contains chapters from various scholars and practitioners in the field of responsible management education RME Through introspection through celebrating successes and learning from failures retrospection and through looking forward propection it aims to inspire a future of management education and leadership development that demonstrates its relevance to sustainable development In doing so it touches upon the grand societal challenges of our time as illustrated by the United Nations Sustainable Development Goals and discusses how business schools and other providers of management education could and should contribute to overcoming these challenges It argues that management education needs to educate future leaders in a way that no longer hampers but truly accelerates the process of sustainable development This book offers a collection of thought provoking ideas vivid stories including personal accounts and experiences and appealing and engaged forecasts visions and ideas about management education and leadership development for sustainability Hence it is a must read for anyone interested in or involved in RME

Handbook of Counselor Preparation Karen Eriksen,2011-12 Published in cooperation with the Association for Counselor Education and Supervision ACES

Integrating Service-Learning and Consulting in Distance Education Marie-Line

Germain,2019-07-01 As distance learning continues to grow universities are seeking ways to integrate traditional student community service into online courses Supported by seven years of successful implementation this book presents an award

winning service learning model through which online students serve as consultants to organizations nationwide

High Impact Teaching for Sport and Exercise Psychology Educators John Coumbe-Lilley, Amber Shipherd, 2020-04-30 High Impact Teaching for Sport and Exercise Psychology Educators addresses the need for a resource on effective course design assessment content delivery and classroom management that is specific to educators in the field of sport and exercise psychology and to working with the millennial learner It provides discipline specific ideas to improve teaching in higher education The book provides an evidence based guide of tried and tested teaching methods for teachers of sport and exercise psychology at all levels in all formats of education Irrespective of the level and prior teaching experience in sport and exercise psychology this is a starting point for delivering significant learning experiences for students in this field of study Second it addresses the millennial learner and recommends future teaching and learning experiences in traditional hybrid and online formats Finally High Impact Teaching for Sport and Exercise Psychology Educators provides a positive approach to engaging students in an ongoing process of learning and involvement in the field of sport and exercise psychology This book is intended for any educator in a 2 or 4 year institution of higher education who is or will be teaching courses at the undergraduate or graduate level in sport and exercise psychology as well as students and practitioners in the areas of sport and exercise psychology and physical education

Social Justice and Systemic Family Therapy Training Lindsey A. Nice, Christie Eppler, 2023-05-31 The book examines the lived experiences of systemic family therapy educators It addresses the issues of power and justice that they face in family therapy training programs including their teaching experiences with students interactions with faculty and challenges within academic institutions It describes how family therapy programs attempt to incorporate cultural awareness with mixed results e g focusing only on how to work with diverse clients or not supporting faculty from across social locations The book explores the ways in which family therapy educators with intersecting marginalized identities continue to be oppressed across different areas of academia The book addresses issues of power that systemic family therapy educators face within the academia itself at three different levels Personal interactions with students that create more complete understanding of issues of power Professional interactions with colleagues that provide support and accountability Political interventions aimed at changing the larger academic institution Chapters focus on countering unjust practices in academic settings Authors reflect on personal experiences across these three levels and then offer concrete suggestions for intervention These include teaching experiences or meaningful interactions with students that support empowerment or increased awareness relationships with colleagues that promote accountability and growth and needed changes or challenges to the larger structure of academia Social Justice and Systemic Family Therapy Training is an essential resource for clinicians therapists and practitioners as well as researchers professors and graduate students in family studies clinical psychology and public health as well as all interrelated disciplines

Leininger's Culture Care Diversity and Universality Marilyn R. McFarland, Hiba B. Wehbe-Alamah, 2015 Preceded by Culture care diversity and

universality a worldwide nursing theory edited by Madeleine M Leininger Marilyn R McFarland 2nd ed c2006 **Creating Culturally Affirming and Meaningful Assignments** Christine Harrington, 2024-02-02 Creating Culturally Affirming and Meaningful Assignments offers principles strategies and examples to aid in the development of inclusive college coursework in which all students feel seen and valued This resource prepares instructors to proactively consider ways to honor and engage with students varied identities and lived experiences through assignments Chapters cover the course design process methods on getting to know your students assignment options beyond the exam and more Reflection questions at the end of each chapter serve as a springboard for faculty and leadership conversations on equitable and inclusive teaching practices while the appendix features 20 example assignments sourced from various higher education disciplines An accessible practical read this guidebook is for any higher education instructor who wants to reimagine their assignments to center and celebrate students varied cultural backgrounds and experiences **The Calling of Law** Fiona Westwood, Karen Barton, 2016-04-01 As one of the learned professions requiring advanced learning and high principles law enjoys a special standing in society In return for its status and rank the legal profession is expected to exhibit the highest levels of honesty trust and morality the very values which underpin the legal system itself This in turn entrusts to legal education a particular problem of addressing not only the substantive elements of the body of law but a means through which the characteristics of the calling of law are imparted and instilled At a time when the very essence of the legal profession is under threat this book calls for a realignment of the legal curriculum and pedagogies so as to emphasise the development of culture over industry character over eloquence and calling over skill Chapters are grouped around the core content and key themes of Curiosity Calling Character and Conscientiousness Contract and Culture The volume includes contributions from leading experts drawn internationally and from other professional disciplines in order to present alternative approaches aimed at tackling common issues providing insight and provoking debate Creating a Mentoring Culture Lois J. Zachary, 2011-03-10 In order to succeed in today s competitive environment corporate and nonprofit institutions must create a workplace climate that encourages employees to continue to learn and grow From the author of the best selling The Mentor s Guide comes the next step mentoring resource to ensure personnel at all levels of an organization will teach and learn from each other Written for anyone who wants to embed mentoring within their organization Creating a Mentoring Culture is filled with step by step guidance practical advice engaging stories and includes a wealth of reproducible forms and tools *Educating the Scholar Practitioner in Organization Development* Deborah A. Colwill, 2012-12-01 Organization Development OD is a young social science Little has been written on the intentional development of OD professionals As a young field of inquiry it is important to understand how the future leaders of the field of OD are being developed The focus of this work explores the education of scholar practitioners in OD The research upon which this document is based examined the impact that professional research doctoral programs affiliated with the field of OD had on the learning and professional development of select doctoral

graduates Alumni reported important elements of their educational experience that contributed to their professional and personal growth The nature of these educational elements suggest processes or methods of teaching that may be transferable to training OD professionals in a broader context outside of higher education Even more directly this research provides well informed feedback to administrators and faculty of professional research doctorate programs from the alumni about their educational experience This feedback could be used to advance both program and course development in universities that offer these types of degrees The intended audience of this work includes practitioners of OD professors of OD and management faculty and administrators of doctoral education talent management and leadership development professionals and adult educators *Whiteness and White Privilege in Psychotherapy* Andrea Dottolo,Ellyn

Kaschak,2018-02-02 This unprecedented interdisciplinary collection focuses on gender whiteness and white privilege and sheds light on this understudied subject matter in the context of clinical psychology in both theories and applications Psychologists especially therapists are often trained to look for issues that are not readily visible cannot be spoken and that are commonly taken for granted Feminist and multi cultural researchers and practitioners further seek to expose the power structures that benefit them or that unfairly advantage some groups over others Whiteness has been investigated by sociologists and critical race theorists but has been largely overlooked by psychologists and psychotherapists even those who deal with feminist and multi cultural issues This volume explores the ways in which gender whiteness and white privilege intersect in the therapy room bringing to light that which is often unseen and thus unnamed while examining issues of epistemology theory supervision and practice in feminist therapies The various contributions encompass theory history empirical research personal reflections and practical teaching strategies for the classroom The authors remind us that whiteness and other forms of privilege are situated among multiple other forces structures identities and experiences and cannot be examined alone without context This book was originally published as a special issue of Women Therapy

Teaching in Blended Learning Environments Norman D. Vaughan,Martha Cleveland-Innes,D. Randy Garrison,2013-12-01 Teaching in Blended Learning Environments provides a coherent framework in which to explore the transformative concept of blended learning Blended learning can be defined as the organic integration of thoughtfully selected and complementary face to face and online approaches and technologies A direct result of the transformative innovation of virtual communication and online learning communities blended learning environments have created new ways for teachers and students to engage interact and collaborate The authors argue that this new learning environment necessitates significant role adjustments for instructors and generates a need to understand the aspects of teaching presence required of deep and meaningful learning outcomes Built upon the theoretical framework of the Community of Inquiry the premise that higher education is both a collaborative and individually constructivist learning experience the authors present seven principles that provide a valuable set of tools for harnessing the opportunities for teaching and learning available through technology Focusing on teaching

practices related to the design facilitation direction and assessment of blended learning experiences Teaching in Blended Learning Environments addresses the growing demand for improved teaching in higher education **Practical Theology** Richard R. Osmer, 2008-07-02 Every church congregation encounters challenging situations some the same the world over and others specific to each church Richard Osmer here seeks to teach congregational leaders including but not limited to clergy the requisite knowledge and skills to meet such situations with sensitivity and creativity Osmer develops a framework for practical theological interpretation in congregations by focusing on four key questions What is going on in a given context Why is this going on What ought to be going on and How might the leader shape the context to better embody Christian witness and mission The book is unique in its attention to interdisciplinary issues and the ways that theological reflection is grounded in the spirituality of leaders Useful accessible and lively with lots of specific examples and case studies Osmer s Practical Theology effectively equips congregational leaders to guide their communities with theological integrity

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