

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, were 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

Example Reflective Paper

Sara Horton-Deutsch, Gwen Sherwood



Example Reflective Paper:

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 is necessary in our lives can be an elusive concept Synthesizing ideas from minds as diverse as John Dewey and Paulo Freire the Handbook 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 Reflective Educator's Guide to Practitioner Inquiry Nancy Fichtman Dana, Diane Yendol-Hoppey, Logan Rutten, 2025-05-30 Transform your teaching and shape education through the power of inquiry Grounded in real world examples and more than 30 years of research in professional development the fifth edition of *The Reflective Educator's Guide to Practitioner Inquiry* addresses how inquiry fosters curiosity reflection and practical action to enhance effective classroom learning This latest edition invites educators to view inquiry as a process a product and a stance The book offers new sections on the relationship between AI and teacher inquiry and the ways in which inquiry is changing with the times Additional features and updates include A new chapter that provides a step by step guide to crafting an intentional actionable research plan Access exercises inductive and deductive data analysis worksheets ethical guidelines and examples addressing today's issues in education A discussion of the connections between practitioner inquiry and supporting the academic success of every student *The Reflective Educator's Guide to Practitioner Inquiry* fifth edition empowers educators at every stage in their careers to investigate their practice drive sustained professional growth and harness inquiry's potential to create classrooms where both students and teachers thrive

Reflective Practice, Third Edition Sara Horton-Deutsch, Gwen Sherwood, 2023-10-31 The third edition of *Reflective Practice* depicts the concept of reimagining in such a brilliant way and is a must have resource for nurses Portia Janine Jordan PhD MBA MCUR RN FANSA Professor Department of Nursing and Midwifery Faculty of Medicine and Health Sciences Stellenbosch University This

incredible edition of a professional masterpiece pulls together global leaders creative thinkers entrepreneurs educators and practitioners to support and guide us as healthcare professionals A joy to read and a must read for all professionals who are reflexive Thomas Kearns EdD MEd BNS RGN RPN RNT FAAN FFMRC SI Past Executive Director Dean Faculty of Nursing and Midwifery RCSI University of Medicine and Health Sciences Dublin Co Director Global Innovation and Leadership Academy Faculty of Nursing and Midwifery RCSI In this outstanding book Sara Horton Deutsch and Gwen Sherwood provide an invaluable resource for nurse educators and their students Reflective Practice Reimagining Ourselves Reimagining Nursing takes a complex topic and makes it accessible for learners across all levels This should be required reading in all nursing programs Pamela R Jeffries PhD RN FAAN ANEF FSSH Dean of Nursing Valere Potter Professor of Nursing Vanderbilt School of Nursing A nurse s work is multifaceted medically complex technically precise and physically demanding But nursing the act of caring is also social emotional impactful and personal Because nursing education programs prioritize the importance of the technical and physical aspects of nursing that is what they teach This leaves practicing nurses poorly equipped to understand the science of caring and unprepared for the constant stream of emotional and psychological stressors that come with this profoundly important work The unintended consequences of this omission include burnout toxic work environments and exodus from the profession In this highly anticipated and particularly timely third edition of Reflective Practice authors Sara Horton Deutsch and Gwen Sherwood invite readers to reflect recalibrate reimagine rethink and reframe the work of nursing care and their various roles and relationships within it This book focuses first on the individual then practice settings and finally systems and communities while providing supporting theoretical frameworks practical applications and opportunities for personal and shared reflection along the way Reflective Practice guides nurses to emotional and psychological fulfillment in all aspects of care *Reflective Practice in Nursing and Midwifery: A Comprehensive Guide - E - Book* Ann Donohoe, 2026-01-13 Reflective practice thinking about a situation and learning from it is key to patient safety and quality in nursing Reflective Practice in Nursing and Midwifery A Comprehensive Guide offers an original framework for reflective practice specifically designed for nursing and midwifery students This exciting new book guides students to understand and engage with the concept of improvement through reflection Drawing from the latest theory and practice it offers an overview of the literature describes the new CARE Reflective Framework and includes practical suggestions such as journaling frameworks reflective skills and writing Packed full of features to support both educators and learners this book is ideal for any student nurse midwife educator or researcher seeking to advance their understanding of reflective practice Accessible and easy to follow written specifically for nursing and midwifery students and educators Provides a comprehensive overview of reflective practice models and frameworks Introduces a new action oriented reflective model for nurses and midwives the CARE Reflective Framework Practical guidance on reflective frameworks reflective journaling reflective skills reflective learning environments and reflective writing assessment Includes specific

learning activities definitions reflective and self assessment exercises active learning features and succinct chapter summaries Provides a range of resources for educators Additional learning and teaching resources on the Evolve website

Teaching Science With Interactive Notebooks Kellie Marcarelli,2010-05-18 Easy to read with good examples and illustrations The rationale is spelled out for every step the setup for the interactive notebook is clearly explained and you can hear the enthusiasm of the author which makes the reader enthusiastic about trying the strategy Maria Mesires Seventh Grade Science Teacher Case Middle School Watertown NY In an era when science teachers are being asked more and more to teach writing skills and build science literacy this book presents an engaging and creative way to answer that challenge and encourage the use of higher order thinking skills Michael Baker Eighth Grade Science Teacher Memorial Middle School Albany OR Increase student learning in the inquiry based science classroom Interactive notebooks allow students to record and analyze observations reflect on their learning and self assess their work Teaching Science With Interactive Notebooks gives educators a step by step process for introducing interactive notebooks to students and using notebooks to develop students communication skills cognitive organization skills and sense of responsibility for their own learning Packed with examples from actual student notebooks 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 engage explore elaborate extend evaluate 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 By implementing interactive notebooks in your classroom you can gain deeper insight into each student s understanding learning progress and thinking *Oswaal ISC 10 Sample Question Papers Class 11 Physics, Chemistry, Biology, English Paper-1 & 2 (Set of 5 Books) For 2024 Exams (Based On The Latest CISCE/ISC Specimen Paper)* Oswaal Editorial Board,2023-11-04 Description of the product Fresh Relevant with Latest Typologies of the Questions Score Boosting Insights with 500 Questions 1000 Concepts Insider Tips Techniques with On Tips Notes Mind Maps Mnemonics Exam Ready Practice with 10 Highly Probable SQPs **Handbook of Counselor Preparation** Garrett McAuliffe,Karen Eriksen,2011 This definitive single volume guide is the first of its kind on teaching and developing counselor educator programs that embrace constructivist and developmental theory Leading scholars and experts offer practical advice on teaching courses in every area of counseling practice As a result the book is ideal for current and future counselor educators and supervisors as well as faculty in other helping professions The authors seek to inspire educators to empower and involve to risk losing control over subject matter to hear student voices to pose dilemmas and to challenge their own assumptions in the presence of their students using constructivist developmental and experiential thinking and strategies **Empowering Online Learning** Curtis J. Bonk,Ke Zhang,2009-10-29 This is an essential resource for anyone designing or facilitating

online learning It introduces an easy practical model R2D2 read reflect display and do that will show online educators how to deliver content in ways that benefit all types of learners visual auditory observational and kinesthetic from a wide variety of backgrounds and skill levels With a solid theoretical foundation and concrete guidance and examples this book can be used as a handy reference a professional guidebook or a course text The authors intend for it to help online instructors and instructional designers as well as those contemplating such positions design develop and deliver learner centered online instruction Empowering Online Learning has 25 unique activities for each phase of the R2D2 model as well as summary tables helping you pick and choose what to use whenever you need it Each activity lists a description skills addressed advice variations cost risk and time index and much more This title is loaded with current information about emerging technologies e g simulations podcasts wikis blogs and the Web 2 0 With a useful model more than 100 online activities the latest information on emerging technologies hundreds of quickly accessible Web resources and relevance to all types and ages of learners Empowering Online Learning is a book whose time has come

Oswaal ISC 10 Sample Question Papers Class 11 Accountancy, Economics, Commerce, English Paper-1 & 2 (Set of 5 Books) For 2024 Exams (Based On The Latest CISCE/ISC Specimen Paper) Oswaal Editorial Board,2023-12-05 Description of the product Fresh Relevant with Latest Typologies of the Questions Score Boosting Insights with 500 Questions 1000 Concepts Insider Tips Techniques with On Tips Notes Mind Maps Mnemonics Exam Ready Practice with 10 Highly Probable SQPs *Handbook of Experiential Learning and Management Education* Michael Reynolds,Russ Vince,2007-11-15 While Experiential Learning EL has been an influential methods in the education and development of managers and management students it has also been one of the most misunderstood This Handbook explores current thinking on EL ideas and examples of EL in practice and the importance of EL to the future of management education

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