Tool: Reflective Log for Students

A personal reflection log can be offered to students to enhance their development. Encouraging them to contemplate their classroom experiences as a means of processing their internal thoughts and emotions. This tool can be used in several ways:

1. Voluntary Offering: Students can choose to engage in the reflection log, with the option to discuss it at the end of the semester.
2. Timed Reflections: Students can write reflections after specific course moments (e.g. 5 times).
3. Summative Assignment: At the term’s end, students can compose a one-page summary of their reflections.
4. Assessment Consideration: Student contributions could factor into course assessment or grades.
5. Impact Assessment: And if you feel some reflections can help the i5 project assess the impacts on students we would be happy to receive this information.

This is at your disposal. Students can execute reflections a few days to a week after each class session.

Personal Reflection Log

Dear student, welcome to your personal reflection log. This log is primarily for you, to help you surface things which might be present but not tangible yet. There is no need to share this with anyone else, unless you feel it would be a value add for specific people (educators, peers, parents, etc.)

Name:
Course:
Class Topic:
Teacher/Professor:
Date of intervention:
Date of reflection:
Course Year/Semester/Trimester:

What are the key messages that stayed with you after this course?

Your professor used a pedagogical approach to achieve the course’s learning objectives. How would you describe it? When we refer to a "pedagogical approach," we are inquiring about the way your professor structured the course or class, excluding the actual content, topic, or subject matter.

How do you think the chosen pedagogical approach impacted your skills? By “skills” we mean: capacities and ways you approach a task or a challenge.
Attitudes (towards myself, towards others, towards the world, towards the topic, etc.): Do you notice a change in your attitude due to this specific class?

Behavior (towards myself, towards others, towards the world, towards the topic, etc.): Do you notice a change in your behavior due to this specific class?

Knowledge & Skills (about the topic, or general understanding, e.g. easier to remember, apply to real world problems, connect the dots etc.): Do you notice a change in your Knowledge & Skills due to this specific class?

Values, World Views, Perception of Reality (Perspectives): Do you notice a change in your Values, World Views, Perception of Reality due to this specific class?

Beliefs: Do you notice a change in your beliefs due to this specific class?

Relationships (to myself, others, the world): Do you notice a change in your relationships towards yourself, others or towards the world due to this specific class?

Responsible Decisions: Do you notice a change in your decision taking approach towards yourself, others or towards the world due to this specific class?

Is there anything else on your mind you would like to reflect upon, which is not part of the questions above, but important to you?

Have you lately started to:

1. Sharing narratives that were sparked by the pedagogical approach you encountered?

2. Participating voluntarily in communities of practice with fellow individuals?

3. Implementing insights from the course in personal, group, obligatory, or voluntary projects you are involved in?

4. Noticing any improvement of relationships, attitudes within your personal, educational or professional ecosystem?

5. Thinking about alternate career paths or other decisions (employment, residence, environment, societal roles such as being a son, partner, fellow student, etc.) influenced by this course?