

Different Ways to Encourage Self-Reflection

Closing Circle

At the end of the day or class, ask each student to share one thing they now know about a topic or a connection that they made. Make notes of responses requiring a follow-up discussion.

Exit Slips

Pose questions at the end of class and ask students to write a response in order to exit the class. Read the responses and plan necessary instruction.

Write a Letter

Students write a letter to themselves, another class, or to the subject they are studying. This helps students to think of connections in a very personal way. Use the reflections to assess understanding.

Reflective Journals

Students reflect on their own learning. Either provide guiding, reflective questions for the students to respond to or they can be left open-ended. Below are reflective question examples:

- I work best when....
- I do my best on activities that...
- I like to work with others when...
- The thing I like best about this is.....
- The most interesting part of this project is...
- I would like to learn more about...
- I wish I could improve on...
- I need to work on...
- The hardest thing for me to do is...
- I need help with...
- When I don't understand something, I...
- Before I start to work on a project, I...
- When I need to study, I...
- When I want to remember something, I...
- I learned that I could...
- I am good at...
- I have learned how to...
- I can help others with...
- I want to work on...
- I want to learn how to...
- I plan to get help with...
- I am going to take responsibility for...