

Make learning high-impact by providing opportunities to reflect and integrate



Reflection is highly impactful for learning because it...

allows students to make sense of material in relation to themselves and encourages students to reimagine what they have learned for future personal and/or professional benefit. ([Ryan, 2013](#)).

Reflection promotes integration

Integration is the ability to connect, apply, and synthesize information from different contexts. Providing opportunities for students to reflect makes integration more likely. ([Barber, 2014](#)).

When to assign reflection

Reflection is most impactful for learning when it is sustained, but will depend on each specific course and its context. Reflection can occur during every class session, weekly, after each unit, or after major projects.

Reflection promotes metacognition

Providing opportunities for students to plan, monitor, and adjust their learning through reflection helps them develop metacognitive skills. [This resource from the University of Michigan](#) offers examples of ways to engage students in metacognition.

Reflective activities to try

- Reading reflection journal
- Self-assessments (on exams, quizzes, or projects)
- Individual reflection on group projects
- Reflections on peer review
- Beginning of class warm ups
- End of class exit tickets

Looking for more? See [this resource from the WAC Clearinghouse](#) for discipline-specific articles about reflection!