

Reflective Journal Description & Assessment Criteria (Adapted from Ward, 2012)*

The purpose of this assignment is to give you an opportunity to reflect about your experiences while enrolled in this class, both experiences as an educator, and those in everyday life. Such introspection and reflection helps you grow professionally and personally. One journal entry is required each week.

As you write your reflections, think about the following questions:

1. What happened in your classes, job, or school?
2. What did you learn through the assigned readings, videos, and discussions?
3. Have you learned something new, confirmed what you already knew, or changed your mind?
4. How did these affect you?
5. How do you plan to use what you have learned or experienced?
6. What more do you need to learn?

You will write the journal entry in three parts: **description** (what happen during the week), **impact** (what you learned from the experience), and **intent** (what you intend to do with what you learned). Here are some guidelines to help you:

- In the **description**, in two or three sentences, describe your experiences for the week such as “Worked on the project with the group,” “Watched a YouTube video about scaffolding,” “Worked an early shift at Starbucks.” Be factual rather than judgmental.
- Describe the **impact** by explained what you have learned, confirm what you had already believed, or how what you have learned differs from what you believed. How do you feel about what you learned?
- State your **intent** about what you plan to do as a result of what you have learned and your feelings. Make it specific, personal, and positive such as “What I will do is”

Reflective Journal Assessment

Reflection Posting Criteria	Points (5)
Entries used required format	1
Entries were highly reflective	2
Feedback to other class members is constructive, specific and supportive	2