



REFLECTION

WHAT IS REFLECTION, AND WHY DOES IT MATTER TO MAVEd?

Reflection refers to a deliberate process in which students:

Think critically about their learning experiences, synthesize insights from course content and activities, and connect that learning to their personal, academic, or civic development.

It involves not just describing what was learned, but exploring:

- **How** it was learned
- **Why** it matters
- **What** it connects to
- **How** it will be applied in other settings

Reflection is most effective when it is:

- **Structured** (with guiding prompts or expectations)
- **Continuous** (not a one-time exercise)
- **Personalized** (connected to the student's identity, experiences, and goals)
- **Analytical** (evaluates assumptions, challenges, or patterns)

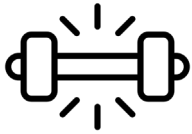
Where is Reflection in MavEd:

- **Signature Assignments** must include a reflective component that ties together learning outcomes, enduring questions, and personal application.
- **Assessment Practices** emphasize not only what students produce, but how they think about and explain their work.

UNO's MavEd intentionally embeds reflection across the curriculum — particularly in relation to **integrative learning, signature assignments** and **transferable learning outcomes**.

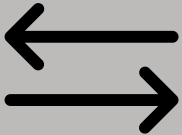
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WHY DOES REFLECTION MATTER?



Reinforces Integrative Learning

Reflection helps students **connect knowledge across courses, disciplines, and experiences** — a cornerstone of integrative learning. It allows them to see their education as a cohesive experience rather than a checklist.



Makes Learning Visible and Transferable

When students reflect, they articulate **what they've learned**, how they've grown, and how they can apply that knowledge in other settings — from future courses to careers to civic life.



Supports Critical Thinking and Self-Awareness

By reflecting on their assumptions, choices, and cognitive processes, students become **more thoughtful and self-directed learners**. This metacognitive skill is a core aspect of critical thinking.



Builds Purpose and Motivation

Reflection deepens engagement by encouraging students to ask: *Why am I learning this?* and *How does this relate to my life or goals?* When students see relevance, they invest more deeply.



Strengthens Assessment and Feedback

Instructors gain **insight into student thinking** and can better assess not just content mastery, but intellectual growth. Reflection can reveal misunderstandings or highlight exceptional insight.

Reflection is not an add-on, it is a **central pedagogical practice** that supports deeper learning, authentic assessment, and personal transformation. It ensures that students don't just *complete* their general education — they **understand, own, and apply it**.

Additional Resources at MayEd.unomaha.edu