10 Tips for Designing Critical Reflection

1. "Everything is reflection-worthy": Few if any details are too small or insignificant to have meaning, and all experiences—whether designed for learning or serendipitous—as well as readings, observations, events, etc. present opportunities for a wide range of learning.

2. Critical reflection is the part of experiential learning that generates, deepens, and documents learning. When used in this capacity, it needs to be understood not as "touchy-feely," non-grade-able, private, stream-of-consciousness but rather as a reasoning process that is analytical, integrative, assessable, subject to public critique, and structured/guided.

3. Critical reflection can generate learning outcomes that include knowledge, skills, attitudes/values, and behaviors. If it is to generate assessable learning, critical reflection should be guided in accordance with the desired learning outcomes.

4. Reflection can be guided by a facilitator orally, by a set of written prompts, or by other methods. This guidance should enable the learner to generate learning and then assist them in articulating it coherently and cohesively, in part so as to inform future learning and action.

5. Reflection activities can be written or oral or both, and they can be individual or collaborative or both; perhaps the strongest reflection combines all four possibilities. Reflection can involve physical movement, drawing, audio-visual elements … the possibilities are limited only by the facilitator's creativity.

6. Critical reflection can be designed iteratively and therefore build on itself cumulatively. Relatedly, it is helpful to use a pre-mid-post structure that focuses the learner's attention on changes in his/her assumptions and reasoning processes and on progress toward fulfilling objectives.

7. An overall reflection strategy may integrate multiple reflection mechanisms. A reflection *strategy* answers the questions
   a. "When do we reflect?" (at what points during the experience or course or project)
   b. "Why do we reflect?" (toward what learning objectives)
   c. "Where do we reflect?" (in what settings, geographic or virtual)
   d. "Who reflects?" (learners alone or together, with facilitators, with other participants)
   A reflection *mechanism* answers the question: "How do we reflect?" (with what guidance, in what structure)

8. It is useful to begin designing a reflection strategy or mechanism by considering such questions as:
   a. Who are the learners (what experience, skills, etc. do they bring and not bring)?
   b. Who is the facilitator, if there is one (what experience, skills, etc. does he/she bring and not bring)?
   c. What are the objectives?
   d. What are the constraints?

9. Reflection requires a "safe yet critical" space: the risks associated with meaning making need to be acknowledged and minimized while adhering to high standards of reasoning. While reflection is not about generating one right answer, not all reasoning is equally valid. Reflection can be used to support learners in making reasoned judgments that are well-supported with evidence and that result from consideration of multiple perspective—not merely expressing opinions.

10. Learning through critical reflection is often an unfamiliar (counter-normative) process, which requires intentional capacity-building: many learners need to learn how to learn through critical reflection. Facilitators modeling reflection can be an important part of such capacity-building and can enhance their own learning as well.