

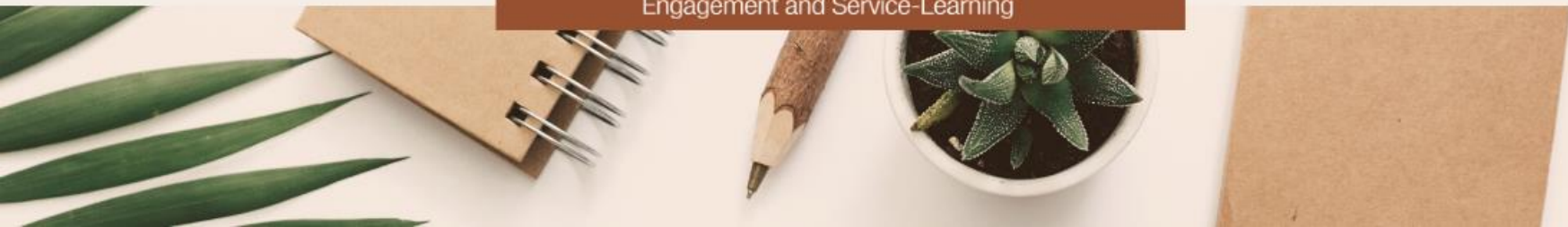
Meaningful Reflection:

Reconnecting Personally and Professionally

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FRESNO STATE

Jan and Bud Richter Center for Community
Engagement and Service-Learning



Agenda



Introduction & Prefelction



What is reflection? Why should we do it?



How do we do it...in a meaningful way?

- Individually
- As a Team
- With Students



Wrap up and Questions

Goals & Learning Outcomes

Participants will be able to:

- define reflection and the three stages of reflection.
- recognize when they are reflecting and identify the connection between an experience and what they learned from that experience.
- implement reflection activities for themselves, their colleagues, and their students.



Reflection

- A fixing of the thoughts on something; careful consideration.
- Connection between an experience and the learning that happens from that experience.
- Reflection is what makes an experience educational

1

PREFELCTION

- Reflecting on something before it happens
- It is a strategy that helps enhance the reflection process (Falk, 1995).
- Allows for deeper reflection. You are able to compare and contrast pre thoughts and feelings with what actually came to be (Falk, 1995).

2

MINDFUL ENGAGEMENT

- People are actively aware of themselves and their surroundings.
- Open to new information, and willing and able to process their experience from multiple perspectives (Ashford & DeRue, 2012).

3

REFELCTION

Reflective practice is 'learning through and from experience towards gaining new insights of self and practice' (Finlay, 2008).

Three Stages



JOURNALING /DRAWING



GRATITUDE PRACTICE



THREE WHYS

Reflecting Individually

Reflecting with Colleagues

"We will be able to refine and incorporate many of the new, efficient and effective practices in both our academic and business operations – innovations enabled by ingenuity, technology, need, courage, optimism, patience and brilliance – and toss aside the ones that didn't work as well." Chancellor White

Activities



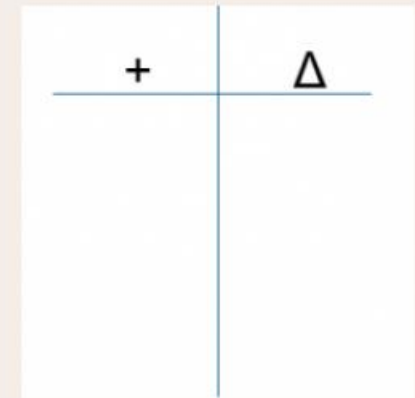
GRATITUDE

- "Gratitude is not an attitude. It is a daily practice." Brené Brown
- Gratitude prevents burnout and makes people double down when they need to.



REFLECTION PARTNERS

- Make pairs in advance and rotate partners each month
- Have a set list of questions to help get the conversation started



PLUS / DELTA

- What went well?
- What should we keep doing?
- What can we change?
- How can we change it?

Consider This...

1. How have you seen respect demonstrated on our team?
2. As a team, how do we show respect to others (students we serve, other offices, etc.)?
3. Where is an area that we can show more respect?
4. How have you personally demonstrated respect?

Principles of Community: **How we treat each other**

We all play a role in fostering an inclusive work and learning environment of respect, kindness, collaboration, and accountability where every member of the student body, faculty, staff, and administration can thrive. Our Principles of Community reflect our core values of **Discovery Diversity, and Distinction** as well as our deep commitment to our mission **to boldly educate and empower students for success**. These Principles were developed collaboratively by faculty, staff, and administrators. They exemplify what we aspire to be.



WE ARE RESPECTFUL

To approach interpersonal interactions with collegiality and integrity, we strive to...

- value all employees and welcome their contributions.
- listen with attention to all perspectives with the intent to understand.
- consider the impact of our communication.
- honor our word and commitments.
- maintain confidentiality and privacy as appropriate.

WE ARE KIND

To foster a sense of belonging and demonstrate compassion, empathy, care, and concern, we strive to...

- contribute to making Fresno State a welcoming community for all.
- use words thoughtfully and be mindful of our actions.
- assume good intentions.
- acknowledge the contributions of others.
- be patient and supportive.

WE ARE COLLABORATIVE

To work together to achieve common goals, support the greater good, and embrace Fresno State's mission, we strive to...

- build relationships to create a positive work and learning environment.
- communicate to engage and be supportive of each other's goals.
- consider diverse ideas and opinions.
- participate fully as a team member, do our share, and make space for others to shine.

WE ARE ACCOUNTABLE

To hold ourselves and our colleagues accountable for behaviors and outcomes, we strive to...

- clearly communicate expectations and, when appropriate, jointly develop goals and objectives.
- explain the purpose of decisions and actions.
- share honest, meaningful feedback in a timely manner and receive feedback with an open mind.
- take responsibility for our behaviors and actions.

Fresno State's Definition of Diversity: Individual differences (e.g., personality, language, learning styles, and life experiences) and group/social differences (e.g., race/ethnicity, class, gender, sexual orientation/sexual identity, country of origin, and ability status as well as cultural, political, religious, or other affiliations) that can be engaged in the service of learning.



Reflecting with Students

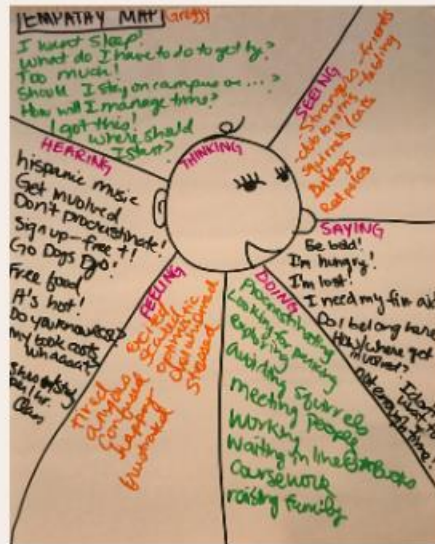
"We shall never lose sight of this: our students are our raison d'être. We are blessed with 480,000 of them – determined, resilient and brave, yet worried and apprehensive of all that is to come with the university and with their lives."

Chancellor White

Activities

EMPATHY MAP

From "Game Storming: A Playbook for Innovators, Rulebreakers, and Changemakers" by Dave Gray, Sunni Brown, and James Macanufo.



HIGHLIGHT, LOWLIGHT, INSIGHT

- Highlight- Something positive
- Lowlight- A challenge
- Insight- Something you learned

SENTENCE STEMS

- Something that surprised me was...
- Something I learned was...
- Something that challenged me was...
- Something I am still confused on is...

References

Falk, Diana, "Preflection: A Strategy for Enhancing Reflection" (1995). Evaluation/Reflection. 22.

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Questions?

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