Meaningful Reflection:
Reconnecting Personally and Professionally

Presented by: Taylan Parker
Agenda

Introduction & Preflection

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.
PREFLECTION

- 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).

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).

REFLECTION

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

- Journaling / Drawing
- Gratitude Practice
- Three Whys
"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?
Reflecting with Students

"We shall never lose sight of this: our students are our raison d’etre. 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


Questions?

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