

Principles of Good Reflection Practice*

1. **Continuous** – throughout the semester
2. **Connected** – to the intellectual, academic, and civic learning goals
3. **Challenging** – by encouraging critical thinking and analysis that produces new understanding, raises new questions, and moves toward new frameworks for problem-solving
4. **Contextualized** – considers the level of the course, the students in the course, etc.
5. **Coaching** – provides ongoing, rather than intermittent, feedback

* Eyler, J., Giles, D., & Schmiede, A. (1996). *A Practitioner's Guide to Reflection in Service-Learning: Student Voices and Reflections*. Vanderbilt University, Nashville, TN