

Reflection Paper: My First Year¹

During your time at [insert college name], you have been challenged to integrate knowledge gained both in and out of the classroom to other experiences and situations. This way of being, called integrative learning, is not just one centered in your college experience, but in all facets of life during your lifetime. It involves being able to do the following:

- Make connections between your experiences and academic knowledge,
- consider a variety of perspectives on a discipline or topic,
- adapt and apply skills, abilities, theories, methodologies gained in one situation to new situations, and
- demonstrating a sense of self as a learner through reflection.

The Assignment:

With this in mind, you are to write a [insert page requirement (initially 3) or change to word count] culminating reflection on your first year at [insert college name]. When writing this paper, you should consider the following questions:

- Reflect on the classes you took in [insert RLC name] over the course of the year. Reflecting on the topics covered, where can you make connections between content covered in one course to another course(s) you took?
- Did you find yourself applying knowledge from a course to your experiences outside the classroom in conversations, assignments, jobs, or other ways? If yes, please describe and give specific examples.
- Can you think of examples of times where you applied knowledge gained in one context to a new, different context? If yes, please describe and give specific examples.
- What have you learned about yourself in regard to your individual learning style during your first year? Please describe the courses, experiences, and/or situations that contributed to this understanding.

Considerations:

Your reflection could take into consideration all aspects of your first-year experience. Keep in mind:

- Your academic experiences- including but not limited to:
 - Courses you have taken
 - Projects or assignments you have worked on
 - Lectures or events you have been required to attend for a class
 - Relationships with faculty and advisors
 - Components of your [insert RLC name] experience (ex. [insert brief description of what these are])
- Your personal experiences- including but not limited to:
 - Relationships you have formed with peers, residential life staff, and/or faculty in residence
 - Involvement in campus clubs, activities, organizations and/or out of the classroom experiences
 - Participation in service
 - Living on campus
 - Events you have attended

¹ This assignment will be administered to students on our campuses and will be evaluated using an adapted version of the AAC&U Value Rubric. Our version includes the sections on *Connections to Experience*, *Connections to Discipline*, *Transfer*, and *Reflection and Self-Assessment*. We have a separate document that includes the administration protocol and planned rubric norming activity.