

## **Reflecting on Work: Why is the learning reflection so important?**

*We do not learn from experience.  
We learn from reflecting on experience.*

—John Dewey

**Reflecting on each piece of your work and demonstrating and explaining to others what you have learned are the heart and soul of the portfolio process. A portfolio is much more than a collection of entries. It is a tool to develop further your understanding of yourself as a learner.**

Reflection forces you to think about how your work meets or exceeds the standards and learner expectations connected to the assignment. It forces you to identify your strengths and weaknesses and set goals for future improvement. Since you are developing a working portfolio from which you will create your graduation portfolio, the reflection process becomes particularly important. For each piece of work, you will complete a learning reflection. These reflections look at the individual work and record where you are as a learner at that time. They also require you to consider how the assignment relates to the other content you have learned in the class and your life experience. At the end of this process, you will select entries and learning reflections from your working portfolio to create the graduation portfolio. At that time you will write a summative reflection that will analyze the portfolio as a whole rather than just examining an individual work.

The 3 R's (Retell, Relate, Reflect), written on the back of this sheet, provide a framework to help you write a thoughtful reflection—one that is specific and supported with ample evidence. The process might seem tedious at first, but the reward from honest and thoughtful reflection is immense. Reflecting on what you have done as a learner to be successful will result in knowing yourself better as a student and using that knowledge to continue to grow.

**Reflecting on Work:  
The 3 R's: Retell, Relate, Reflect**

<p style="text-align: center;"><b>Retell</b></p> <p>Tell what you did. Focus on the major ideas. State your objective—the standard(s) you are meeting. Describe significant parts.</p>	<p style="text-align: center;"><b>Some possible prompts</b></p> <p>This work was about... The most significant part was... I am proud of this work because... This work demonstrates how I...</p>
<p style="text-align: center;"><b>Relate</b></p> <p>Make connections to your life in school, out of school, and in the larger world. Describe how the work meets the standards. Explain how this work connects with the other content your have learned.</p> <p style="text-align: center;">Give examples.</p>	<p style="text-align: center;"><b>Some possible prompts</b></p> <p>This work reminds me of... Something I identify with is... What I found especially meaningful or significant for me as a person was... This work relates to my past course work in the following ways: ... The skills I used to produce this entry, including ..., also could be applied to... I know I met the standards because...</p>
<p style="text-align: center;"><b>Reflect</b></p> <p>So what does this mean? How is it important? Where do I go from here? How has this process met the learning goals you set for yourself? What still confuses or frustrates you? What goals do you still need to work on? What new goals are you setting for yourself?</p>	<p style="text-align: center;"><b>Some possible prompts</b></p> <p>This work shows that now I understand how to... I realize now that... Something that challenged my own thinking was... This work was a learning stretch for me because... I learned that... I have improved at... I still need to improve on...</p>