



# **The Week of Reflection**

**at Stephen F. Austin State University**

# What has changed over the past 10 years in Higher Education?

A student emails the professor a 20-page paper the day before it is due to ask her to proof it. The student is incredulous when the professor recommends the AARC or the Online Writing Lab.

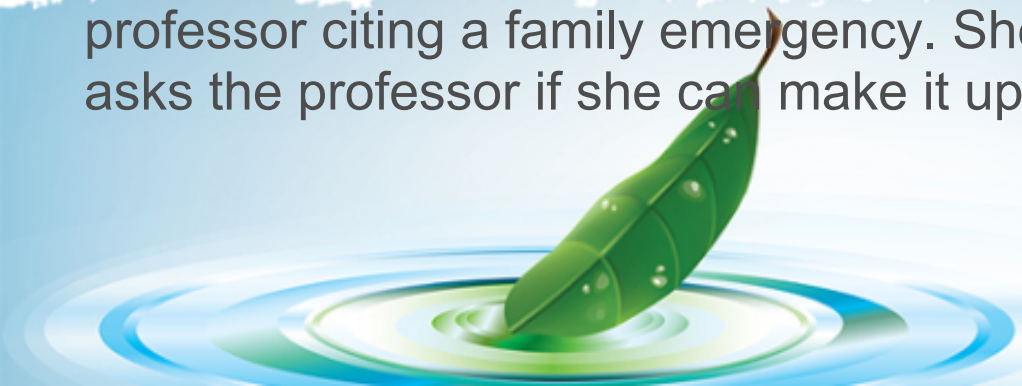
The provost's office receives a complaint from a parent because their child's professor refused to allow them to earn extra credit to raise their grade. They say that they thought their future would be "personalized."

A student receives a failing grade on an exam. After class the student follows the professor into the hall to complain that the test was too hard.

A student emails the professor asking him to send a copy of his lecture notes to him for a class he missed.

A student skips an exam without notifying the professor citing a family emergency. She later asks the professor if she can make it up.

A professor receives an email from a student who missed class a few days before asking, "Did I miss anything important?"





For the past 10-15 years, there has been a drastic rise in....

This has been partially driven by:

- Declining state and federal resources for higher education.
- Call for accountability in Higher Education.
  - Shifted the burden of student success from students to institutions.
- Increased competition between institutions.

# Origins of the Program

- Started at Saint Louis University in 2007 (See *About Campus* article in packet).
- First Week of Reflection at SFA was Spring 2009.
- A Reflection Week has been held at Eastern Illinois University, and will occur at University of New Orleans this year.



# Noticing Change



# The Goals of the Week of Reflection

- To provide students with a context to investigate what they have learned in the previous year and how it has changed them.
- To encourage students to reframe their role in college from learner to participant in a community of practice in which they are interconnected with others in a network of teaching and learning.
- To make learning outcomes for Student Affairs relevant to students.





# Student Learning Program Outcomes

## Division of University Affairs


- Citizenship
- Communication
- Cultural Competence
- Ethics and Values
- Leadership
- Life Skills
- Self-Knowledge
- Scholarship and Inquiry
- Wellness



# Theoretical Considerations

## Metacognition and Reflection

- Metacognition can be defined as “thinking about thinking.”
  - **This is inherently problematic, in that we are using the subject of interest to study the subject of interest.**
- Metacognitive Reflection can be defined as, “Reflective activities designed to think about how we think, learn and construct our understanding of the world around us.”
  - **This is not something students understand how to do instinctively.**



Robin Fogarty (1994), in *How to Teach for Metacognitive Reflection*



# The Bucket and the Well



## REFLECTION GUIDE

Day 1

*Today's Theme:*  
**WELLNESS**

**Question of the Day:** How have you grown this year in mind, body and spirit?

**Probing Questions:** In what areas did you grow or improve yourself this year? How have you celebrated your accomplishments? In what areas would you like to improve in the future? What actions or attitudes have kept you from achieving your wellness goals this year? What separates you from reaching your full potential? How has what you have learned in the area of wellness changed you? How has your learning in this area interrelated with learning in other areas?

Day 2

*Today's Theme:*  
**LEADERSHIP**

**Question of the Day:** How did you lead others?

**Probing Questions:** When did you feel like you were a leader this year? Can you think of a time in which you were a leader in class? What new skills did you gain from your work in co-curricular programs? What did you learn from this leadership? What have you learned in the past year about your own leadership style? What have you accomplished as a leader? What would those whom you have led say about your abilities as a leader? In what ways would you like to improve as a leader? How does your learning in this area interrelate with learning in other areas?

Day 3

*Today's Theme:*  
**SERVICE**

**Question of the Day:** How did you make a difference with what you have learned?

**Probing Questions:** Whom did you serve this year? What causes or issues did you discover this year that made you want to do something about it? How much time did you devote to others in need? What do you believe the impact of this time was? How would SFA and its surrounding community be different if you had done nothing? Do you believe there was a global impact of your local service to others? How does your learning in this area interrelate with learning in other areas?

Day 4

*Today's Theme:*  
**DIVERSITY**

**Question of the Day:** What have you learned about yourself and others this year?

**Probing Questions:** What have you learned about your personal history and culture this year? In what ways do you better understand the cultures of others? How have you been exposed to new ideas, new cultures and new people? What differences in others do you find it most difficult to accept? Who do you perceive to be "your community?" How has this changed? Where do you belong? What does diversity mean to you? How has your personal definition of diversity changed? How does your learning in this area interrelate with your learning in other areas?

Day 5

*Today's Theme:*  
**SCHOLARSHIP**

**Question of the Day:** How has what you've learned this year changed you?

**Probing Questions:** What did you learn year in classes this year? Did something you learned explain or clarify something you did not previously understand? What professors really inspired you? What did you learn through co-curricular programs? Can you think of a time where your work in an activity or organization related to something you learned in class? How has what you have learned this year prepared you for a career or for graduate study? How will what you have learned this year impact your future? How does your learning in this area interrelate with learning in other areas?



# The Week of Reflection

## At Stephen F. Austin State University

A week to think about what you've learned this year and how it has changed you.



### Reflection Week 2010 - Schedule of Events

#### Monday, April 26

**Today's reflection theme is Wellness.**  
**Step-and-Go Wellness Game Show**  
 Stop by the table from 11:30 a.m. - 1 p.m. in the Spirit Lounge of the Baker-Pattillo Student Center and win prizes for answering questions about wellness.

**Open House at Campus Recreation**  
 Attend the Open House at day in the Campus Recreation Center. All employees with an SFA ID are invited to come and try out the Recreation Center free of charge. In addition, there will be guided reflections on the electronic screens of various pieces of exercise equipment.

#### Tuesday, April 27

**Today's reflection theme is Leadership.**  
**Leading Your Leadership Work, Make Your Own Wax Azo**  
 Leave your mark on SFA by participating in the reflection and making your own "Wax Azo" from 11:30 a.m. - 1 p.m. in the Spirit Lounge of the Baker-Pattillo Student Center. This event will feature video blogging and free prizes.

#### Tuesday, April 27

**"When the Birds Never Sing"**  
**Lecture by Jack Sacco**  
 The SFA History Department will present this year's Maxwell Lecture, Jack Sacco, author of the Pulitzer-recognized book, "When the Birds Never Sing: The True Story of the 102nd Signal Battalion, and the Liberation of Dachau." The book chronicles the true story of Joe Sacco, the author's father, from his first days in boot camp through the invasion of Nazi concentration camps through the invasion of the Twilight. The event takes place at 7 p.m. in the Twilight Ballroom of the Baker-Pattillo Student Center and is free to students and the general public. The event has been generously underwritten by Humankind Texas and the Harwin Foundation. Tickets are available in the Involvement Center on the First Floor of the Student Center.

#### Wednesday, April 28

**Today's reflection theme is Service.**  
**Community Service Impact - Photo Display**  
 Reflect on the impact of your community service experiences this year. With the photo wall from 11:30 a.m. - 1 p.m. in the Spirit Lounge of the Baker-Pattillo Student Center. This event will feature video blogging and free prizes.

#### Thursday, April 29

**Today's reflection theme is Diversity.**  
**Weekend Expo**  
 How does your culture influence the way you see the world? Find out with an interactive service. Stop by our display from 11:30 a.m. - 1 p.m. in the Spirit Lounge of the Baker-Pattillo Student Center. This event will feature video blogging and free prizes and is sponsored by the Office of Multicultural Affairs, Student Life, NACCP at SFA, Lumberjack Cultural Association and the Organization of Latin Americans.

#### Thursday, April 29

**"Reflections on my America with George Foreman"**  
 The College of Liberal and Applied Arts and the Archie McDonald Speaker Series presents, "An Evening with George Foreman" at 7:00 p.m. on Thursday, April 29, in the Baker-Pattillo Student Center Grand Ballroom. The event is free for students. A ticket is required for faculty, staff and the Houghton/Chase community. For more information or to purchase tickets call 936-488-2008. Presented by the College of Liberal and Applied Arts and the Archie McDonald Speaker Series. Tickets are available in the Involvement Center on the First Floor of the Student Center.



#### Friday, April 30

**Today's reflection theme is Scholarship.**  
**Reflection Lunch**  
 Attend a luncheon featuring Dr. Michael Yasick, J.D., Ph.D., Associate Professor of Political Science and Director of the SFA School of Health, from Noon until 1 p.m. on the Patio of the Baker-Pattillo Student Center.



#### Day of Gratitude

Take a moment to pass along your thanks to those who have helped you develop and grow this year. Stop by our table on the patio (weather permitting) from 11 a.m. until 4 p.m. and write a personal note to anyone in the SFA community. We will deliver your note along with a small gift to show our appreciation. This event is sponsored by the Dean of Student Affairs and the Teaching Excellence Center.







# Tuesday, April 27



## **Leaving Your Leadership Mark, Make Your Own Wax Axe**

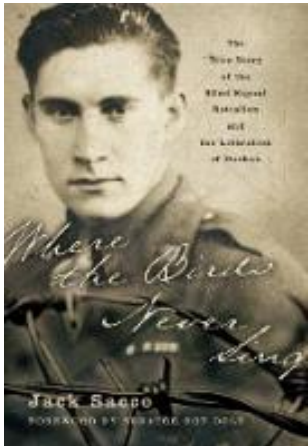
**Tuesday, April 27, from 11:30 a.m. to 1 p.m.**

Leave your mark on SFA by journaling on the reflection wall and making your own "Wax Axe" in the Spirit Lounge of the Baker Pattillo Student Center. This event will feature video blogging and free prizes.

## **"Where the Birds Never Sing" Lecture by Jack Sacco**

**Tuesday, April 27, at 7 p.m.**

The SFA History Department will present this year's Maxwell Lecturer, Jack Sacco, author of the Pulitzer-nominated book "Where the Birds Never Sing: The True Story of the 92nd Signal Battalion and the Liberation of Dachau." The book chronicles the true story of Joe Sacco, the author's father, from his first days in boot camp through the invasion of Normandy and the liberation of an infamous Nazi concentration camp. The event takes place at 7 p.m. in the Twilight Ballroom of the Baker Pattillo Student Center and is free to students and the general public. *The event has been generously underwritten by Humanities Texas and the Herzstein Foundation. Tickets are available in the Involvement Center on the First Floor of the Student Center.*



The Reflection Theme is:  
**Leadership**



# Wednesday, April 28



## **Community Service Impact – Photo Display**

**Wednesday, April 28, from 11:30 a.m. to 1 p.m.**


Reflect on the impact of your community service experiences this year. Visit the photo wall in the Spirit Lounge of the Baker Pattillo Student Center. This event will feature video blogging and free prizes.



## **Leadership and Service Awards**

**Wednesday, April 28, from 6 p.m. to 9 p.m.**

Student achievements in the area of leadership and service will be recognized, including: Student Leader of the Year, Student Organization of the Year and The President's Volunteer Service Award. This event will include a guided reflection.

A green leaf floating on water with ripples. The leaf is bright green and has a small brown stem. It is surrounded by concentric blue and white ripples on the water's surface.

The Reflection Theme is:  
**Service**



# Thursday, April 29



## **Worldview Expo**

**Thursday, April 29, from 11:30 a.m. to 1 p.m.**

How does your culture influence the way you see the world? Find out with an interactive exercise. Stop by our display in the Spirit Lounge of the Baker Pattillo Student Center. This event will feature video blogging and free prizes and is sponsored by the Office of Multicultural Affairs, Student Life, NAACP at SFA, Lumberjack Cultural Association and the Organization of Latin Americans.



## **"Reflections on my America" with George Foreman**

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The Reflection Theme is:  
**Diversity**



# Friday, April 30



## **Reflection Lunch**

**Friday, April 30, from Noon until 1 p.m.**

Attend a free lunch featuring Dr. Michael Tkacik, J.D., Ph.D., Associate Professor of Political Science and Director of the SFA School of Honors, on the patio of the Baker Pattillo Student Center.



## **Day of Gratitude**

**Friday, April 30, from 11 a.m. to 1 p.m.**

Take a moment to pass along your thanks to those who have helped you develop and grow this year. Stop by our table on the plaza (weather permitting) and write a personal note to anyone in the SFA community. We will deliver your note along with a small gift to show our appreciation. This event is sponsored by the Dean of Student Affairs and the Teaching Excellence Center.

A large graphic at the bottom of the page features a vibrant green leaf with water droplets on its surface, floating on a blue background with concentric ripples in the water.

The Reflection Theme is:  
**Scholarship (Gratitude)**



# Classroom Exercises

- Think about a concept from this course that represents a new idea or skill that you did not previously know or know how to do.
- In what ways do you think you might use that skill in future courses here at SFA or elsewhere?
- In what ways could that skill be useful in your eventual career goals?
- What can you do to continue to hone that skill?



# Reflection Cookies





### The Week of Reflection

Type: Education -

Start Time: Monday, April 26, 2010 at 11:00am

End Time: Friday, April 30, 2010 at 2:00pm

Location: (Mostly in the Spirit Lounge)

#### Description

The Office of the Dean of Student Affairs and the Teaching Excellence Center will present the "Week of Reflection," Monday, April 26, to Friday, April 30. The week will feature a number of events that are designed to help students consider what they have learned at SFA this year and how it has changed them.

#### Confirmed Guests

This event has [1 confirmed guest](#) [See All](#)






Adam Peck


#### Wall

[See All Photos](#) | [See All Videos](#) | [See All Links](#)

Write something...

Attach:   

[Share](#)

 **Adam Peck** Here is a copy of this year's poster for the Week of Reflection. Check it out!

### The Week of Reflection

At Stephen F. Austin State University

A week to think about what you've learned this year and how it has changed you.



- [Invite People to Come](#)
- [Promote Event with an Ad](#)
- [Edit Guest List](#)
- [Cancel this Event](#)
- [Edit Event](#)
- [Message Guests](#)
- [Print Guest List](#)

[Share](#)  [Export](#) 

#### Your RSVP

- Attending
- Maybe Attending
- Not Attending

#### Other Information

Guests are allowed to bring friends to this event.

#### Other Invites

Awaiting Reply (174) [See All](#)

Adv only  
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NEWS &  
ANNOUNCEMENTS

FINE ARTS EVENTS

THIS &amp; THAT



The Office of the Dean of Student Affairs and the Teaching Excellence Center will present "**Week of Reflection**," **Monday, April 26, to Friday, April 30**. The week will feature a number of events that are designed to help students consider what they have learned at SFA this year and how it has changed them. [Please download the poster and post where students can view.](#)

Each day has a reflection theme. Students are encouraged to think about their development in that area using a reflection guide that provides guiding questions. [Download the self-guided reflection sheet.](#)

**The daily themes are as follows:**

Monday, April 26 – Wellness

Tuesday, April 27 – Leadership

Wednesday, April 28 – Service

Thursday, April 29 – Diversity

Friday, April 30 – Scholarship

For faculty who want to engage in reflection during their courses that week, the Teaching Excellence Center has produced a [Reflection Guide](#) with suggestions for interactive activities that are suitable for a number of different disciplines.

Finally, the Teaching Excellence Center will present a workshop entitled, "Getting the Most Out of the Week of Reflection" at 3 p.m. Wednesday, April 14, in the Baker Patillo Student Center, Tiered Meeting Room (Room 2.201). To RSVP, e-mail [tec@sfasu.edu](mailto:tec@sfasu.edu).

**Questions** about the "Week of Reflection" can be directed at Dr. Adam Peck, Dean of Student Affairs, at [peckae@sfasu.edu](mailto:peckae@sfasu.edu) or by calling (936) 468-7249.

# Types of Reflection

- Episodic – Reflection regarding one particular episode of learning.
- Periodic – Reflection regarding an extended learning experience.
- Epistemic – Reflection about belief change occurring a result of new learning.
- Meta-Cognitive – Reflection that takes place overtime regarding a number of interrelated learning experiences.



# Question and Answer

