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 Opline Writing Leb 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.

the Online Writing Labe 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 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 pro-

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 |
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| 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 accomplish- ments? 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 differ- ences 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? |

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Reflection Week 2010 - Schedule of Events

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The Week of Reflection

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Monday, April 26





Stop-and-Go Wellness Game Show

Monday, April 26, from 11:30 a.m. to 1 p.m. Stop by the table in the Spirit Lounge of the Baker Pattillo Student Center and win prizes for answering questions about wellness.

Open House at Campus Recreation Monday, April 26

Throughout the day, attend an Open House 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.

The Reflection Theme is: Wellness

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.

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.

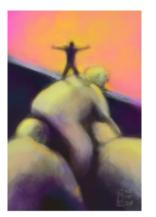
"Reflections on my America" with George Foreman Thursday, April 29, at 7:30 p.m.

The College of Liberal and Applied Arts and the Archie McDonald Speaker Series present, "An Evening with George Foreman" at 7:30 p.m. 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 Nacogdoches community. For more information or to purchase tickets call (936) 468-2385. *Tickets are available in the Involvement Center on the First Floor of the Student Center.*

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.

The Reflection Theme is: Scholarship (Gratitude)

THE WEEK OF REFLECTION - A GUIDE FOR FACULTY Compiled by the Teaching Exocilence Center of Stephan F. Aurin State University

At Stephen F. Austin State University

About the Week of Reflection



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to annual faculty in participaling. We encourage all facwhy why not interested to use this guide to prompt discustion in face courses during this week.

Excepts are used with per-mittion from "Keep the Change: Using Reflection to Frame the Transformative Qualities of Learning" by Adem Pack, About Compar, In addition to daily events on Joursey-Bass Publishers.

> a dry well gives no water, we have to help the students to dell their wells before we try to extract this understanding The faculty-golded reflections on the next page are designed to prempt diseassion on this testic and me designed to fit into a transler.

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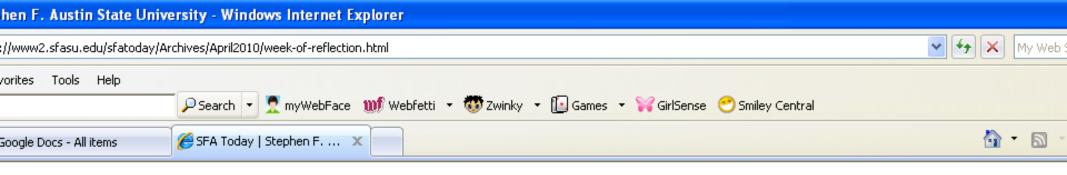
Classroom Exercises

- 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 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 Pattillo Student Center, Tiered Meeting Room (Room 2.201). To RSVP, e-mail tec@sfasu.edu.

Questions about the "Week of Reflection" can be directed at Dr. Adam Peck, Dean of Student Affairs, at 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 chance occurring a result of new learning.
- Meta-Cognitive Reflection that takes place overtime regarding a number of interrelated learning experiences.

Question and Answer

