

## REFLECTIVE WRITING

- Reflective writing is **used in various different ways depending on the discipline (subject) being studied**. For example, a trainee teacher might use reflective writing to better understand how classroom practice relates to pedagogical theories and make decisions about how to handle specific situations in the future, whereas a creative writer might use reflective writing to consider the influence of another author's work, how this affects linguistic and stylistic choices in his or her own writing, and what the effect might be on the reader's interpretation of a text.
- **Types of assignments** might include Reading Diaries, Learning Journals and Critical Commentaries or they might actually be called Reflective Assignment or similar.
- Reflective writing is **about MORE than simple description** of an event or text.
- Reflective writing **requires thinking about the influence or effect of events, texts, ideas, people, etc. on your learning, understanding or practice**.
- Reflective writing **makes connections** and includes considerations of the **implications for learning, understanding and future behaviour**.

### Application and Exercises

1. How might you use reflective writing to improve your ability to play a sport or game?
2. How might you use reflective writing in your professional development?
3. How might you use reflective writing to reach a decision?

### For more information:

Student Study Skills Centre  
School for Development and Participation

w. [www.bathspa.ac.uk/studyskills](http://www.bathspa.ac.uk/studyskills)

e. [studyskills@bathspa.ac.uk](mailto:studyskills@bathspa.ac.uk)

v. Minerva – Student Study Skills