Critical Reflection Essay

Critical reflection is a reasoning process to make meaning of an experience. Critical reflection is descriptive, analytical, and critical, and can be articulated in a number of ways such as in written form, orally, or as an artistic expression. (University of Tennessee)

1. Ask why something did or did not happen.
2. Ask what was good, why? What was bad, why? Neither good nor bad, but interesting, why?
3. Think of alternatives; what else could have happened? Why?
4. Look for other points of view
5. Look for hidden assumptions in our attitudes and beliefs
6. Look at something as a collection of parts (component) but also as a set of qualities (values and judgments)
7. Look at the opposite viewpoint in order to challenge it
8. Ask who might be advantaged and who might be disadvantaged by these responses and actions (Frid, et al, 1998).

(Colorado Mountain College)

Papers will be graded based on the following criteria:

1. Incorporation of experiences at TCC
2. Relation to course material (This does not necessarily mean you must cite material referenced in class, but you should tie in themes and ideas brought up in class)
3. Analysis of experiences in reference to what was learned or understood about yourself, the person you were with, and/or your role as a caregiver
4. Mechanics of writing
   a. Does the paper have a clear central idea? (not necessarily a thesis, but a theme around which all ideas are organized)
   b. Are the ideas organized with some order?