

Enhancing Honors Learning with Reflective Online Forums

Siberian Federal University
Honors College International Conference
Krasnoyarsk, Russia
27-28 Nov. 2020

Mary C. Baker, Betsy George, Dr. John Zubizarreta
Columbia College Honors Program
jzubizarreta@columbiasc.edu

What is Reflection?

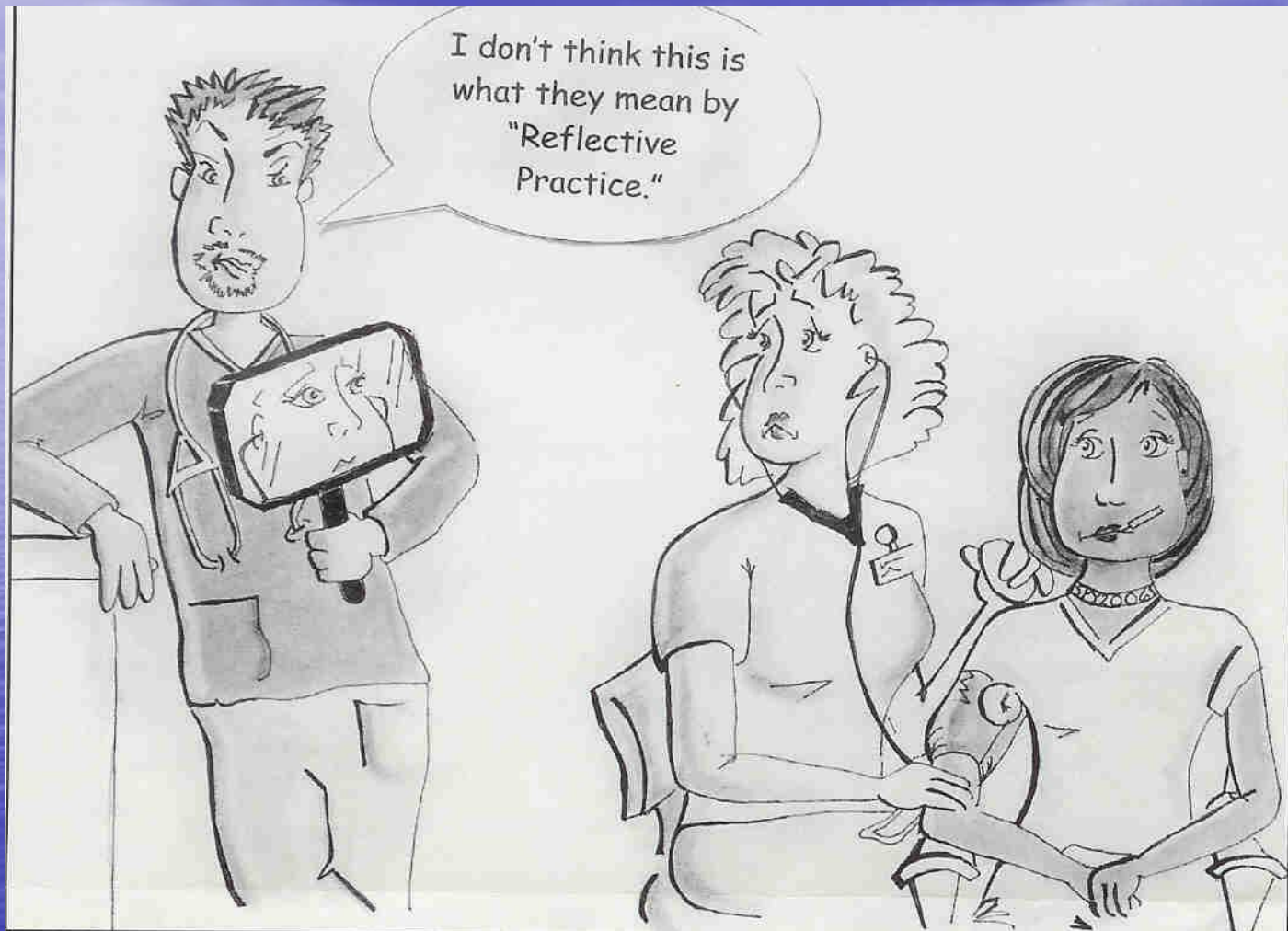
According to J. Moon, *Learning Journals* (1999), p. 23

- Considering the process of our own learning: **metacognition**.
- **Critical** review and inquiry.
- Engaging in personal or **self development**.
- **Empowering** or **emancipating** ourselves as learners.

Characteristics of Reflective Learners

- Self-aware and self-critical.
- Honest about themselves.
- Open to criticism and feedback.
- Depend on evidence.
- Open/prepared to try different approaches to learning.
- Curious.
- Motivated to improve.
- More able to learn independently.

Reflection is hard to define!



"The Break Room"

Nursing Bulletin 2.2 (Winter 2006): 20.
(NC Board of Nursing)

Online reflective forum writing is cool!

Practical benefits:

- Extends learning time (and space)
- Covers content
- Encourages connections, creativity
- Provides practice of formal skills
- Showcases value of research

Bonus benefits:

- Fosters learning community
- Creates safe, dynamic, & formative learning environment
- Facilitates collaborative learning
- Develops reflection skills & habits of mind =

Reflective learners!

Tips for Encouraging Reflective Writing & Learning

- Online forum, threaded discussion, listserv, discussion circles.
- Learning portfolio (Zubizarreta, 2004; 2009, 2nd ed.).
- Zoom, MS Teams, Google Docs (whiteboards, chats).
- Journal, learning log, blog, wiki.
- “RLM” or Reflective Learning Moments (Zubizarreta, 2016).
- “Critical Incident Questionnaire” (Brookfield, 1995).
- One-minute paper or other “Classroom Assessment Techniques” (Angelo & Cross, 1993).

❖ *What would you add?*

Is reflective writing . . . *important?*

I have absolutely no
idea why I'm learning
this, but that's OK... I
won't remember anything
after the exam.

