

Experiential Education – Four Levels of Reflection

Level	Description	Example
Habitual Action <i>No Reflection</i>	<ul style="list-style-type: none"> You complete tasks with little or no conscious thought You do the work by following steps, without really understanding the steps The description of your work is not meaningfully connected to course content, experience, values or assumptions 	You follow a lab manual to produce a report on the effect of jogging on the cardiovascular system of the body. Your report includes a description of what you've done and displays the results. The conclusion is a summary of your findings. As soon as your work is finished, you don't think about it anymore.
Understanding <i>No Reflection</i>	<ul style="list-style-type: none"> Your comprehension of class concepts is evident through the thorough nature of the work you have produced However, your work does not contain any original ideas, only what has been discussed in class You don't establish a connection between the practical experiences and the theoretical concepts covered in class 	While working on a report on how jogging affects the cardiovascular system, you grasp how our ability to distribute oxygen to our muscles can be improved. This knowledge can be used in the future.
Reflection	<ul style="list-style-type: none"> In your work you are able to make meaningful connections between theory to practice and personal experience Your work uses concepts taught in the course to draw further conclusions, and may be linked to research 	While writing a report on jogging's effect on the cardiovascular system, you realize why you have been feeling different since you took up cycling two months ago. You then suggest other activities that could have similar results and why.
Critical Reflection	<ul style="list-style-type: none"> You use your work to recognize and critique the beliefs and assumptions you hold You show evidence of a change in perspective due to the new information presented in the assignment or are able to justify why you maintain your previous position 	Through writing this report, you realize that although you had originally assumed exercise was meant to help you look better, it actually has been making you feel healthier and happier. Instead of exercising for cosmetic gains, you realize that you can gain a better overall outcome if you focus on health improvement.

Adapted from: Faculty of Health Experiential Education Team (n.d.). Developing Experiential Education: A Course Director's Toolkit for Fostering Student Engagement. York University.

Original Source: Kember, D., McKay, J., Sinclair, K. & Wong, F.K. (2008). A four-category scheme for coding and assessing the level of reflection in written work. *Assessment & Evaluation in higher education*, 33 (4), 369-379.