

Reflection Four Ways



**Cy Leise, Emeritus
Faculty, Bellevue College**



**George Dombi, Chemistry
Professor, University of
Rhode Island**

Abstract

A great deal has been learned over the past year about the differences between knowing, learning, growing, and self-growth as a significant practice hierarchy within the PE framework. This session will focus on how variations of the reflection process can raise consciousness about how one is addressing each of these four developmental roles in growth and self-growth plans. Insights have emerged about these four roles as a hierarchy because each endeavor to improve quality of life (QoL) through growth or self-growth must include conscious incorporation of essential knowledge and learning skills. Self-growth requires envisioning of ideals, e.g., of self-concept development and identity. Quality of reflection, therefore, can be strengthened by aligning criteria at the lower role levels with one's ideal self-growth criteria so that quality of knowledge, learning to learn, and performance mastery support these ideals. Participants will be engaged in an open discussion about the role of reflection within the new PE framework. They are encouraged to read a background resource that presents a six-step reflection process with an example for each of the four roles based on Cy's experiences in preparing a PY101 text (see Session Resources).

Attendees are invited to attend the related Practitioner-focused Session entitled Naikan Reflection and Self-Growth (2:45 on Friday). The three universal questions of the Naikan method are especially well-oriented for increased awareness of self-growth capability development from interpersonal opportunities that are easily overlooked during performance-oriented assessment and reflection.

Objectives:

1. Share insights about the purpose of reflection.
2. Introduce the four roles of PE (knowing, learning-to-learn, growing, and self-growth).
3. Consider a six-step guide for reflection that includes ideal criteria with each of the four roles.
4. Introduce Naikan reflection as a complement to PE methods of reflection.

Critical Thinking Questions:

1. Why is it necessary to be aware of the four roles as a hierarchy, namely, that success at the higher levels is created from effectiveness at the lower levels?
2. How can conscious preparation of ideal criteria for self-growth improve the quality of all four levels?
3. What is your best "take away" about the reflection process?