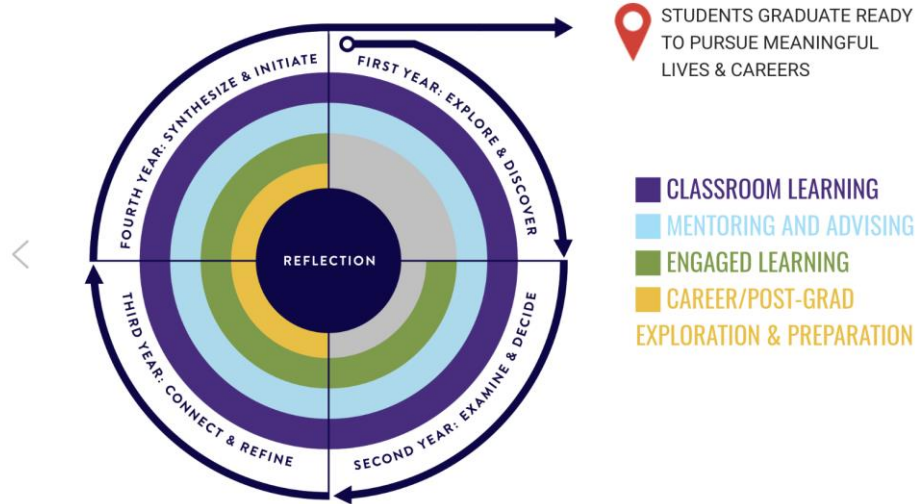


# Reflection at Furman



*"We do not learn from experience...we learn from reflecting on experience."*

– John Dewey

## WHAT IS REFLECTION AT FURMAN?

- Reflection is a deliberate process through which individuals deeply and critically examine beliefs, knowledge, experiences, and actions.
- Reflection is central to direct and deepen learning.
- Reflection must be intentional in order to make meaning of experiences and achieve academic, personal, and professional goals.
- Reflection can be used in classes, internships, study away experiences, research, clubs, activities, and other Furman related experiences.
- Reflection happens repeatedly over time and is often shared with others.

## WHY ENGAGE IN REFLECTION?

Reflection...

- deepens and broadens learning.
- increases understanding and retention of course material.
- facilitates thoughtful decision-making.
- helps you figure out who you are and what you care about.
- strengthens your connections with others.
- helps to prepare you for careers and graduate school.
- encourages lifelong learning and thriving after college.

## HOW TO GET THE MOST OUT OF REFLECTION?

- Be willing to...
- spend some time and be thoughtful.
- be open, honest, and curious.
- share with others.
- be challenged.
- step outside of your comfort zone.
- rework, revisit, and reconsider.
- make reflection a habit.

## HOW DO YOU REFLECT ON YOUR OWN?

You could ask yourself questions like these:

- What do you do at Furman that makes you fulfilled?
- What gives your life meaning?
- Why do you choose to spend your time the way you do?
- Where do you see yourself in 6 months? 6 years?
- What are some of the most memorable experiences you have had and what made them memorable?
- Are there any classes or coursework that has stuck with you over time? Why do you think that is?

You could reflect in the following ways:

- Writing via journaling, responding to reflection prompts, and completing a survey.
- Speaking with others in pair or group dialogues; collective discussions or debriefing; storytelling; and conversations with peers, professors, mentors, and advisors.
- Using technology for creating blogs, vlogs, videos, e-portfolios, etc.
- Creating art through song, poetry, dance, photography, etc.

You could reflect in these places:

- The Place of Peace/Asian Garden
- A hammock by the lake
- Labyrinth near the Chapel
- The mediation areas on the trails around Furman
- Any other place where you feel centered and calm

If you have additional ideas or questions about Reflection at Furman, we invite you to contact Stephanie Knouse ([stephanie.knouse@furman.edu](mailto:stephanie.knouse@furman.edu)).