

Reflective Writing

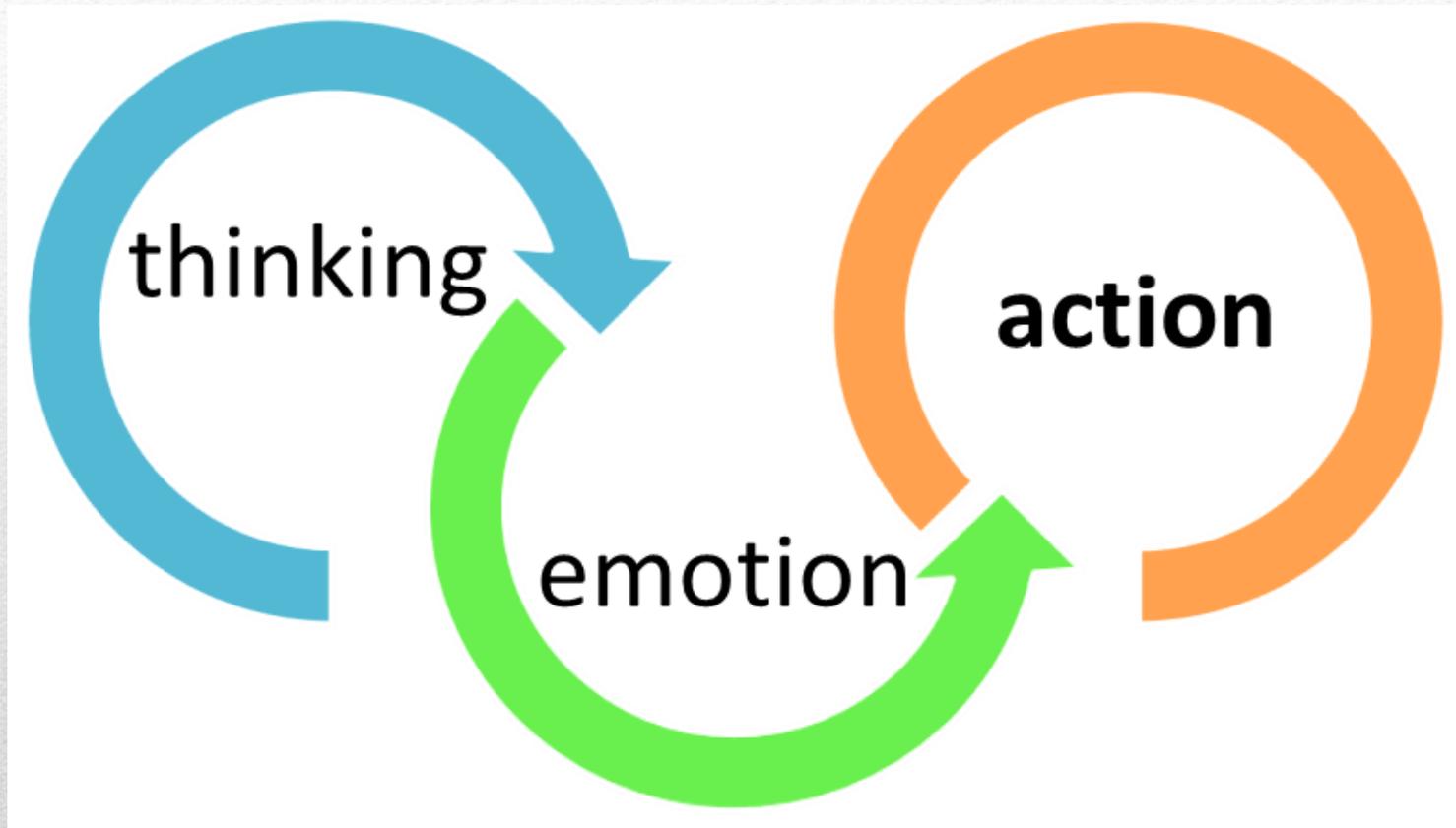


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- What is Reflection
- CSR Reflect Blog Guidelines
- 3 Questions for Reflection (examples)
- 2 Steps for Reflective Writing

Content



Reflection Involves...

Examining thoughts, feelings & actions

- Articulating thoughts & feelings
- Relating thoughts to past/current experience/understanding (theory)
- Demonstrating appreciation of different perspectives
- Linking to future action

Why is it important?

- Deeper understanding of theory & action
- Achieve change: new understanding, re-assess action (possibly change direction)
- New skills development (resilience, reflection, adaptation)

What is Reflection?

CSR Reflect

Share your reflections with our CSR Blog Editorial Team

- Send your one page reflection to: **lat40@kent.ac.uk**
- Receive initial developmental feedback
- Finalise your reflection and send it back to be uploaded on the website

CSR Blog Reflection Guidelines

What?

Describe an episode

Student example: *while participating in a discussion during a guest presentation or during a seminar case study discussion, while watching the news ...*

Guest speaker example: *developing the slides, interacting with students in the lecture theatre ...*

(Cited in Jasper, 2003, p.99)

Now what?

Analyse the significance

Use analytical writing connecting the focus of the episode to theory and the reasons behind your achieved deeper appreciation

examples: *I realised that I was not factoring in my purchasing decisions as a consumer the exercise of my responsibility as a way of contributing to the abolition to Modern Slavery in developing countries ...*

So what?

Future Actions

How will your reflective learning inform your future actions? **Example:** *As a CSR manager how will you share your deeper appreciation of your 'extended responsibilities' in the lower and 'hidden' tiers of agency workers across your supply chain and hence develop guidelines for the agencies which will be sub-contracted.*

Draw conclusions

Aim to summarise the significance of the episode by highlighting your learning. **Example:** *Understanding the significance of the UK's Modern Slavery Act informed my thinking regarding the roles of stakeholders e.g. a CSR manager in retail ensuring formal contracts of employment that meet local legislation in developing countries are in place ...*

3 Questions for Reflection



Start thinking freely about an experience related to the CB754 CSR Module at KBS, or your overall interaction with the students in class or a particular answer of a student

- Write for 5-15 minutes **continuously** by following your thoughts as if you are speaking to somebody explaining what you are thinking about
- Grammar, spelling, punctuation are not important at this stage
- Every time your writing moves away from the focal issue (this could be theory, case study, critical event) and as soon as you realise return to the original focus
- After 15 min read back and aim to find words, phrases, ideas or thoughts of particular interest

Peter Elbow (1973)

Step 1: Free Writing



Revisit your free writing and aim to focus on recalling your presentation

- Recall what you observed in class. (description)
- What did you feel? (report feelings)
- Anything you wish to explore further? (why significant? How it links with theory? What is your new understanding?)
- Can you re-read your observations and assess objectively what you wrote?
- Can you observe any changes then and now?
- What critical questions can you ask?
- How can you move forward by using your observations?

Step 2: Reflective Writing

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References
