

**CU Weekly Reflection Expectations**

CU Weekly Reflections make your thinking visible for yourself, your academic liaison, and your classmates. They help you pay attention to your changing ideas and to figure out next steps. At CU learning is transformational and that means we pay as much attention to “how you know” as to “what you know.”

The weekly reflection ensures that you engage with your Personal Learning Plan weekly and update it to reflect your current questions and tasks.

A quality reflection is:

- Honest
- Thoughtful
- Useful
- A snapshot of what you are thinking right now about your progress

A quality reflection does what it needs to do at the time it's posted:

- Considers the Big 10 Lifelong Learning Competencies (though they may not always be mentioned)
- Considers the goals from the student's personal learning plan
- Addresses new questions and new tasks
- Considers accessing supports (advisor, mentor, field experts, peers)
- Celebrates successes
- Shares failures
- Poses and solves problems
- Asks for help
- Reminds the writer of their goals, and personal accountability
- Provides practice and builds fluency in clearly sharing ideas
- Builds community with other learners