

The College Unbound Posted Weekly Reflection

I don't know what I think until I try to write it down – Joan Didion

I write because I don't know what I think until I read what I say. – Flannery O'Connor

Habit rules the unreflecting herd – William Wordsworth

reflection [rɪˈflekʃən]

n. 1. something reflected or the image so produced, as by a mirror 2. mental concentration; careful consideration 3. a thought or opinion resulting from such consideration

The CU Weekly Reflection is all of these things. It is time to look back on the week and see yourself, your actions, your thinking reflected back at you. It is time to carefully concentrate and consider those actions and that thinking, analyzing personal growth and progress, and determining next steps.

Why a written weekly reflection?

Writing is a thinking tool. Posting a personal weekly reflection provides space to explore your ideas both personally and in community. Posting regularly improves your fluency as a thinker, as a writer, and as a member of a learning community. Posting a weekly reflection and engaging with the weekly reflections of others fosters both collaboration and intellectual curiosity—a big part of what College Unbound is all about. CU Weekly Reflections make your thinking visible for yourself, your academic advisor, and your classmates. They help you pay attention to your changing ideas and to figure out next steps. At CU learning is transformational –we pay as much attention to “how you know” as to “what you know.”

Weekly Reflection Requirements -

- Set aside a minimum of **one hour per week** to maintain your own posts and interact with the posts of College Unbound classmates on The CN.
- Once per week **post a reflection** about your current progress toward answering the essential question(s) for your semester project(s). Possible posts include answering the following:
 - Did you discover new information that surprised you?
 - Did you refine your question in some way?
 - Did you have a terrific learning experience?
 - Are you stuck or puzzled by something you discovered?
 - Did you find a terrific resource that you want to post?
 - Do you just need space to think through an idea and explore multiple perspectives?
 - Did you have a break through or difficulty in applying one or more of the Big 10 to your project—attempting a creative innovation, learning from failure, accessing your system of supports, negotiate and manage conflict in a collaboration, manage your time and workload in a unique way?
- At least once per week **respond to two classmates' posts**. React to their thinking. Ask them a question. Share a resource with them.
- **Proofread** your writing. While we do not expect your posts to contain perfect, polished writing, it is at least semi-public and you must communicate clearly. That means writing in complete sentences, cleaning up spelling, paying attention to punctuation and capital letters, and paragraphing like ideas.
- **Academic advisors will respond to their students' posts at least once per week.**