



Douglas College

Douglas College Learning Centre

Reflective Writing – Coming Up with Ideas

1) **Describe** the situation or topic

- i. What is it?
- ii. Who was involved?
- iii. Where? When? How? How long?
- iv. Can you use your senses to describe it? What does it look like, sound like, feel like, smell like, taste like?
- v. What details can you add? (Specific names, places, dates, numbers, descriptive adjectives)

2) What struck you as **important**?

- i. What was new to you?
- ii. What surprised you?
- iii. What grabbed your attention the most?
- iv. What did you learn?

3) How did it make you **feel**?

- i. Good feelings? Bad feelings? Positive? Negative?
- ii. What did it make you remember or think about in your own experience?

4) How is it the **same** or **different** from something else?

- i. Can you think of another thing, event, person, or concept that is either similar to or different from your topic?
- ii. What is similar? How is it similar? In what ways is it similar?
- iii. How is it different? In what ways is it different?

5) What is your **opinion** or judgment of the situation?

- i. I think ... It seems to me that ...
- ii. What part do you agree with or approve of? What part do you disagree with or disapprove of?
- iii. Is it better or worse than something else that you can compare it to?
- iv. Can you identify extremes (highest/lowest; best/worst; most/least)
- v. Can you identify different levels of something (quite good, okay, better, worse, average)

6) What **implications** do you see?

- i. What significance does this have for different people who are involved? How will it impact each of them? Why?
- ii. How will this change perceptions, realities, behaviours, or possibilities? Why?
- iii. What difference does this make? Why?
- iv. On a scale, how much impact (little, some, a lot, a great deal) will this have? Why?
- v. What other areas, aspects, or dimensions of the issue will this affect?