

## PSY 340: Weekly Reflections

The point of the weekly reflections are to help you think a bit deeper about the course material, to become really engaged with it. These reflections are just that - reflecting back on the material covered the past week.

**Pick ONE or at most TWO** concepts that stood out for you the most that week and then write on:

- how the course material impacted you this week,
- how can you incorporate this new learning into your daily life,
- other thoughts the material sparked for you.

**Note: Do not just describe what you learned - that should be a very small part of your reflection. This is your reflection on the content.**

Regularly reflecting on the course material in this way, helps you learn the material better. When you can apply newly acquired knowledge to your daily life, your feelings, thoughts and behaviours, the material comes alive in a deeply personal (and more understandable) way.

### Guidelines and hints for your weekly reflection:

- Be specific rather than general.
- **Go for depth over breadth.**
- Jot down notes as the week moves also so you can more easily reflect back.
- Take some time to truly reflect on these notes.
- A *rough* guideline for length is about 350 words.
- To repeat: **Do not just reiterate the course material.**  
***This is about YOUR thoughts and reactions to the material.***
- Reflections don't have to be an essay (!); they are meant to demonstrate *thoughtfulness*.

### Submitting your weekly reflection:

- **Note the deadlines!**
- All reflections are submitted online in Moodle.
- **Late submissions will NOT be accepted except in VERY unusual circumstances.**

<b>Weekly reflections</b> [Weeks, 2,3,5,6,7,9,10,11,13,14 Sundays at 9:59pm except the last one due last day of classes]  The average grade of these will be assigned as your mark for this section.	10 weekly reflections on <u>how</u> what you learned that week impacted you, <u>how</u> you can incorporate it into your life, and <u>what other</u> thoughts were sparked for you.  See Moodle for full details and criteria.	5%
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## Grading Criteria

Each Reflection will receive a grade of either: C (64%), B (76%), A (90%)

[on rare occasions an A+ (95%) for extraordinary work]

- 64%: Minimum requirements met but no real depth of reflection demonstrated, overly focused on facts of course content or more surface level thoughts.
- 76%: Requirements met and moderate depth of reflection and effort demonstrated, but few specifics or examples used. Some links to course content.
- 90%: Requirements met and real depth of reflection demonstrated - specifics noted, examples used, in-depth creative links made to course content.