

EXL Scholars Program

Critical Reflective Thinking

EXL (Experiential Learning)

- * Begins with a hands-on experience
(practical application of course content
or service learning)
- * Ends with a critical reflection



EXL

**Experience
the Advantage**



EXL

**Experience
the Advantage**



The Two Required SLOs for all EXL Courses

Students will:

1. Develop an experience-based knowledge of their disciplines
2. Engage in systematic critical reflection

Value of Reflection

“We do not learn from experience... we learn from reflecting on experience.”

— [John Dewey](#)

NSEE Eight Principles of Good Practice for All Experiential Learning Activities

4. Reflection: Reflection is the element that transforms simple experience to a learning experience. For knowledge to be discovered and internalized the learner must test assumptions and hypotheses about the outcomes of decisions and actions taken, then weigh the outcomes against past learning and future implications. This reflective process is integral to all phases of experiential learning, from identifying intention and choosing the experience, to considering preconceptions and observing how they change as the experience unfolds. Reflection is also an essential tool for adjusting the experience and measuring outcomes.

Connect to Learning Project

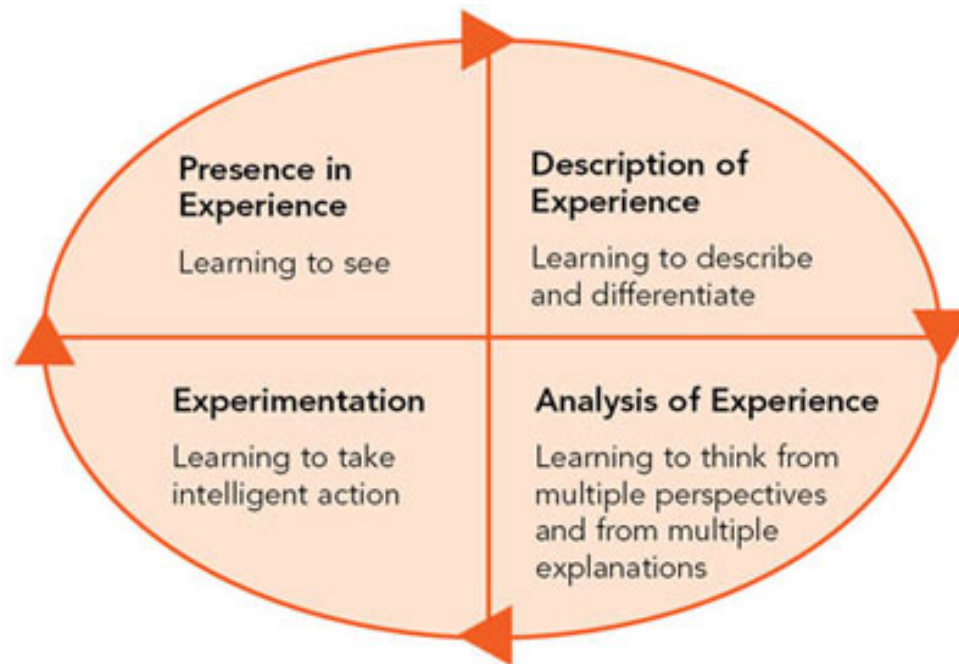
“Reflective learning is a process used to make sense of new experiences in relation to the individual, his or her environment, and a continuum of previous and subsequent experiences.”

Goals of Reflection

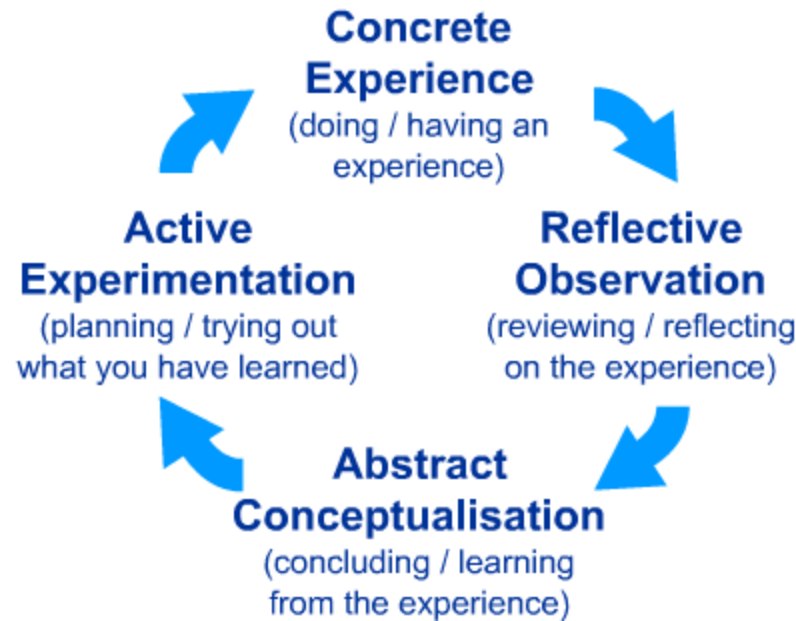
- * Connects experiences in a course
- * Connects experiences across courses, semesters, and disciplines
- * Builds connection among academic, co-curricular, and lived experiences

Carol Rodgers Reflective Cycle

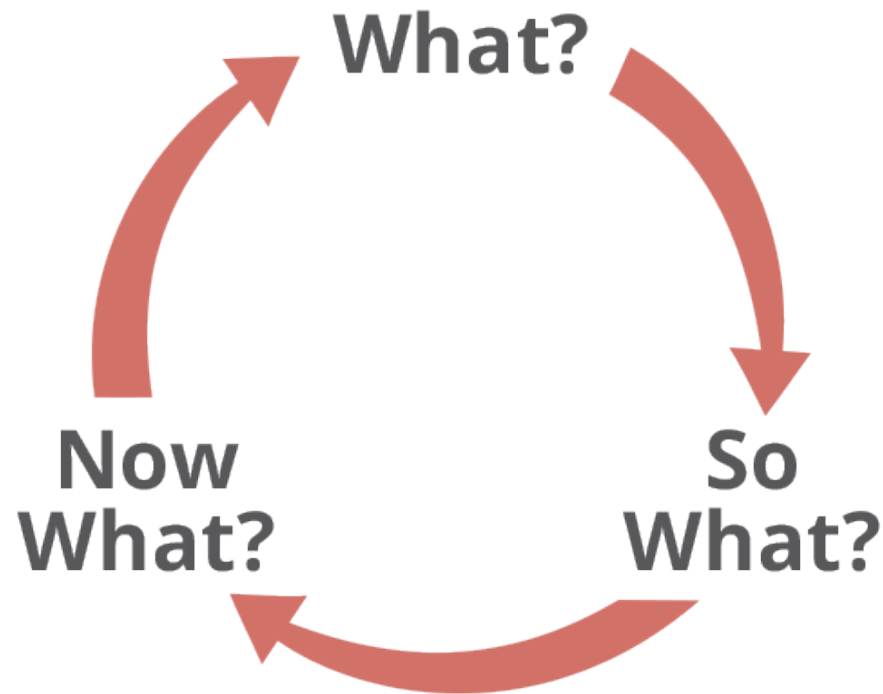
SUNY Albany



Kolb Reflective Cycle



Borton/Driscoll Model of Reflection



Reflection Rubric

Students will engage in systematic reflection and demonstrate the ability to critically examine their experiences and to create connections between those experiences and disciplinary knowledge.

- * Engages in systematic reflection
- * Demonstrates ability to critically examine experiences
- * Creates connections between those experiences and disciplinary knowledge

Sample EXL 4000 ePortfolio

**MIDDLE
TENNESSEE**
STATE UNIVERSITY

Katie Grimaud

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Katie Grimaud, Student Nurse

Major: Bachelor of Science in
Nursing

Graduation Date: May 10, 2014

"Life is not easy for any of us.
But what of that? We must have
perseverance
and above all confidence in
ourselves.
We must believe that we are
gifted for
something and that this thing
must be attained."

Marie Curie

Reflection



In my first semester of Nursing School, I took a class about End of Life Care. This is an abstract of my reflection regarding my feelings on death and dying. Attached is the full self-reflection.

Abstract

The purpose of this paper is to reflect my own personal values and beliefs regarding death and dying. Even though I experienced my first encounter with death at a young age, my view of death is that it is a normal process of aging. My family is uncomfortable talking about death and due to some recent deaths in the family we have had to face it head on. My husband and I once shared the same ideas of death but now that he's older he has changed his opinion and maybe I will too some day but for now I am comfortable with where I stand.

[Self Reflection Paper.pdf](#)

Theory

Here I will discuss the opportunity I had to apply leadership theories to a volunteer experience.

As an ORCO major I was able to take a Leadership Theories and Practices class that broke down the different theories in leadership and how to use them to your advantage. I learned what it took to be an effective leader. All leaders and followers are different, but all share very similar traits. I had the opportunity to serve breakfast to a number of homeless men at the Nashville Rescue Mission. This turned out to be one of the most eye opening experiences in my life. With this experience I applied the Relational leadership theory to my observation of the way people worked and led at the Mission.

Below is additional information along with the paper I wrote for this assignment.

[EXLAssignment \(Theory\).docx](#)

Final EXL Program Reflection

Students review documents from their entire college education and write a final reflection that highlights the connections between experiences, what they have gained as a result of those experiences and how they will apply what they've learned to new situations in the future.

EXL Program Reflection

I have taken away so much from my EXL classes at MTSU. They are wonderful learning experiences that teach students how to better apply themselves. Here is my reflection paper on what I have learned from these classes:

[EXL Reflection Paper--Barbara Harmon.docx](#)

Home

[About Me](#)



MaryGrace Wolkonowski

Major:
Organizational Communication

Graduation Date:
December 10, 2016

Hello! My name is MaryGrace, and I will be graduating with my B.S. in Organizational Communication. I have a significant amount of experience planning events and raising money for organizations, as well as analyzing and developing communication strategies. I have a passion for working with people, organizing, planning, and analyzing. My career goals include working for a non-profit organization as an event coordinator, or contracting as an organizational consultant.

Sample Program Reflection

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EXL Program Reflection

I have genuinely enjoyed the EXL courses I have taken while at Middle Tennessee State University. This program has taught me how to utilize knowledge from the classroom, and apply it to any work environment. I feel confident and prepared as I make the transition from classroom to workplace. Attached is an reflection essay further conveying my thoughts regarding the impact Experiential Learning has had on my learning experience and future.

[EXL Program Reflection Essay.docx](#)

Sample Program Reflection

The Experiential Learning program has made my duration of studying at Middle Tennessee State University feel very worthwhile. I feel very prepared for the transition from classroom into the work force. The type of work EXL courses require develops not only skills that are extremely applicable to any real-life situation, but students are taught how to directly apply them in their environment of choice.

Sample Program Reflection

I learned a great deal both academically and personally through the Experiential Learning program. I knew I had a passion for working with people, but EXL helped me to confirm this passion. The majority of EXL courses I took were through the Organizational Communication major, which focuses on communication within an organization. I was able to perform service and accumulate work experience with various non-profit organizations in positions I would consider for my future. This allows me to see what aspects I enjoy and dislike in a non-profit setting, ultimately aiding in determining the path for my future.

Sample Program Reflection

These experiences have prepared me for my future in many ways. I now know what working for a non-profit looks and feels like, what it will require of me, and what types of skills are necessary to excel in that field. Taking concepts learned in a classroom setting, then directly applying them in a work environment has shown me how to adapt theoretical knowledge and turn it into action. I have already been presented with opportunities that have stemmed from work I completed because of this program. I am confident that those opportunities will only grow, and propel me to be successful in whatever career I choose.

Questions ???

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