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make people gain weight. Analysis: Most people think that if they eat any carbohydrates, such as bread, cereal, and sugar, they will gain weight. I believe that I avoided carbohydrates entirely. As a result, I missed to eat a lot of my own research to finally overcome my beliefs. After, I adopted the philosophy of everything in moderation as a key for having a healthy lifestyle.

Step 4: Make Connections Between Your Observations, Experiences, and Opinions

Try to connect your ideas and insights to form a cohesive picture for your theme. You can also try to recognize and break down your assumptions, which you may challenge in the future. There are some subjects for reflection papers that are most commonly written about. They include:

- Book Start off by writing some information about the authors biography and summarize the plot without revealing the ending to keep your readers interested. Make sure to include the names of characters, the main themes, and any issues mentioned in the book. Finally, express your thoughts and reflect on the book itself.
- Course A good place to start is to include the course name and its description. Then, you can write about the course flow, explain reasons you had for taking this course, and tell readers what you learned from it. Since it is a paper about reflection, express your opinion, supporting it with examples from the course.
- Project The structure for a reflection paper about a project has identical guidelines to that of a course. One of the things you might want to add would be the pros and cons of the course. Also, mention some changes you might want to see, and evaluate how relevant the skills you acquired are to real life.
- Interview First, introduce the person, and briefly mention what the interview was about. Touch on the main points, controversies, and what your opinion is on that person.
- Writing Tips Everyone has their own style of writing a reflective essay and thats the beauty of it, you have plenty of leeway with this type of paper but, there are still a few tips everyone should incorporate.

Before you start your paper, read some examples of other papers, they will likely help you get a better understanding of what they are and how to approach yours. When picking your subject, try to write about something unusual and memorable it is more likely to capture your readers attention. Never write the whole essay at once. Space out the time slots when you work on your reflection paper to at least a day apart. This will allow your brain to generate new thoughts and reflections.

Short and Sweet Most reflection papers are between 250 and 750 words. Dont go off on tangents. Only include relevant information.

Clear and Concise Make your paper as clear and concise as possible. Use a strong thesis so that your essay can follow it with the same strength.

Maintain the Right Tone Use a professional and academic tone even though the writing is personal.

Cite Your Sources Try to cite authoritative sources and experts to back up your personal opinions.

Proofreading Not only should you proofread for spelling and grammatical errors, but you should proofread to focus on your organization as well. Answer the question presented in the introduction.

Free Reflection Paper Example Now that we went over all of the essentials about a reflection paper and how to approach it, we would like to show you some examples that will definitely help you with getting started on your paper.

Reflection-of-Angela-Jones-Lecture-on-Poverty Do You Need a Well-Written Reflection Paper? A reflection paper, as any academic paper, requires certain skills and attention to detail. Our write my paper online service is always here to help you with anything you might need. Our team is selected by only recruiting qualified writers of the highest standard, and the results will not disappoint. Click the button below to find an expert to forget the question: How will I write this? Find Your Writer Youre probably used to responding to different sources in essays. For example, in an academic essay, you might compare two books themes, argue for or against a position, analyze a piece of literature, or persuade the reader with facts and statistics. In one way, a reflective essay is similar to an academic essay. Like an academic essay, a reflective essay can discuss ideas and concepts from books, literature, essays, or articles. However, unlike an academic essay, it focuses on how your personal experience relates to these things. Grammarly helps you communicate confidently

What is a reflective essay? Reflective essays are a type of personal essay in which the writer examines a topic through the lens of their unique perspective. Reflective essays are more subjective about their subjects than an academic essay, use figurative language, and dont require academic sources. The purpose of a reflective essay is to explore and share the authors thoughts, perspectives, and experiences. Reflective essays are often written for college applications and cover letters as a way for the writer to discuss their background and demonstrate how these experiences shaped them into an ideal candidate. For example, a college applicant might write a reflective essay about how moving every few years because of their parents military service impacted their concept of home. Sometimes, reflective essays are academic assignments. For example, a student may be assigned to watch a film or visit a museum exhibition and write a reflective essay about the film or exhibitions themes. Reflective essays can also be pieces of personal writing, such as blog posts or journal entries.

Reflective essay vs. narrative essay There are a few similarities between reflective essays and narrative essays. Both are personal pieces of writing in which the author explores their thoughts about their experiences. But heres the main difference: While a narrative essay focuses on a story about events in the authors life, a reflective essay focuses on the changes the author underwent because of those events. A narrative essay has many of the same elements as a fictional story: setting, characters, plot, and conflict. A reflective essay gets granular about the circumstances and changes driven by the conflict and doesnt necessarily aim to tell a full story. Reflective essays based on academic material You might be assigned to write a reflective essay on an academic text, such as an essay, a book, or an article. Unlike a reflective essay about your own personal experiences, this type of reflective essay involves analysis and interpretation of the material. However, unlike in an analytical essay, the position you support is informed by your own opinion and perspective rather than solely by the text. How to choose a topic A reflective essay can be about any topic. By definition, a reflective essay is an essay where the writer describes an event or experience (or series of events or experiences) and then discusses and analyzes the lessons they derived from their experience. This experience can be about anything, whether big life events like moving to a new country or smaller experiences like trying sushi for the first time. The topic can be serious, lighthearted, poignant, or simply entertaining. If your reflective essay is for an assignment or an application, you might be given a topic. In some cases, you might be given a broad area or keyword and then have to develop your own topic related to those things. In other cases, you might not be given anything. No matter which is the case for your essay, there are a few ways to explore reflective essay ideas and develop your topic.

Free write Freewriting is a writing exercise where you simply write whatever comes to mind for a fixed period of time without worrying about grammar or structure or even writing something coherent. The goal is to get your ideas onto paper and explore them creatively, and by removing the pressure to write something submittable, youre giving yourself more room to play with these ideas. Make a mind map A mind map is a diagram that shows the relationships between ideas, events, and other words related to one central concept. For example, a mind map for the word book might branch into the following words: fiction, nonfiction, digital, hardcover. Each of these words then branches to subtopics. These subtopics further branch to subtopics of their own, demonstrating just how deep you can explore a subject. Creating a mind map can be a helpful way to explore your thoughts and feelings about the experience you discuss in your essay.

Real-life experiences You can find inspiration for a reflective essay from any part of your life. Think about an experience that shifted your worldview or dramatically changed your daily routine. Or you can focus on the smaller, even mundane, parts of life like your weekly cleaning routine or trips to the grocery store. In a reflective essay, you dont just describe experiences; you explore how they shape you and your feelings.

Reflective essay outline Introduction A reflective essays introduction paragraph needs to include:

- A hook A thesis statement The hook is the sentence that catches the readers attention and makes them want to read more. This can be an unexpected fact, an intriguing statistic, a left-field observation, or a question that gets the readers mind thinking about the essays topic.

The thesis statement is a concise statement that introduces the reader to the essays topic. A thesis statement clearly spells out the topic and gives the reader context for the rest of the essay theyre about to read. These arent all the things that a reflective essays introduction needs, however. This paragraph needs to effectively introduce the topic, which often means introducing a few of the ideas discussed in the essays body paragraphs alongside the hook and thesis statement.

Body paragraphs Your essays body paragraphs are where you actually explore the experience youre reflecting on. You might compare experiences, describe scenes and your emotions following them, recount interactions, and contrast it with any expectations you had beforehand.

Unless youre writing for a specific assignment, theres no required number of body paragraphs for your reflective essay. Generally, authors write three body paragraphs, but if your essay needs only two or it needs four or five to fully communicate your experience and reflection, thats perfectly fine.

Conclusion In the final section, tie up any loose ends from the essays body paragraphs. Mention your thesis statement in the conclusion, either by restating it or paraphrasing it. Give the reader a sense of completion by including a final thought or two. However, these thoughts should reflect statements you made in the body paragraphs rather than introduce anything new to the essay. Your conclusion should also clearly share how the experience or events you discussed affected you (and, if applicable, continue to do so).

6 tips for writing a reflective essay

- Choose a tone Before you begin to write your reflective essay, choose a tone. Because a reflective essay is more personal than an academic essay, you dont need to use a strict, formal tone. You can also use personal pronouns like I and me in your essay because this essay is about your personal experiences.
- Be mindful of length Generally, five hundred to one thousand words is an appropriate length for a reflective essay. If its a personal piece, it may be longer. You might be required to keep your essay within a general word count if its an assignment or part of an application. When this is the case, be mindful to stick to the word count writing too little or too much can have a negative impact on your grade or your candidacy.
- Stay on topic A reflective essay reflects on a single topic. Whether that topic is a one-off event or a recurring experience in your life, its important to keep your writing focused on that topic.
- Be clear and concisen A reflective essay, introspection and vivid imagery are assets. However, the essays language should remain concise, and its structure should follow a logical narrative.
- Stay professional Although you arent bound to a formal tone, its generally best to use a professional tone in your reflective writing. Avoid using slang or overly familiar language, especially if your reflective essay is part of a college or job application.
- Proofread Before you hit send or submit, be sure to proofread your work. For this last read-through, you should be focused on catching any spelling or grammatical mistakes you might have missed. Reflective essays FAQs What is a reflective essay? Reflective essays are a type of personal essay that examines a topic through the lens of the writers unique perspective. They are more subjective about their subjects than an academic essay, use figurative language, and dont require academic sources. Whats the difference between a reflective essay and a narrative essay? While a reflective essay focuses on its authors feelings and perspectives surrounding events theyve experienced or texts theyve read, a narrative essay tells a story. A narrative essay might show changes the author underwent through the same conventions a fictional story uses to show character growth: a reflective essay discusses this growth more explicitly and explores it in depth. What are example topics for a reflective essay? Moving abroad and adapting to the local culture Recovering from an athletic injury Weekly phone conversations with your grandmother The funniest joke you ever heard (and what made it so funny) If youve been assigned the task of writing a reflection paper on a book youve read, film youve seen, or an event youve attended, you may be wondering where to start. After all, there are few rules when it comes to writing a reflection, since its basically just your reaction and thoughts on the material and all that creative freedom can be intimidating at first! But even with this lack of structure, there are steps you can take to write a reflection paper that adds value to the discussion. A reflection paper is a type of essay that requires you to reflect, or give your thoughts and opinions, on a certain subject or material. This type of essay is often assigned to students after theyve read a book or watched a film. However, it can also be written in a professional setting, often by those who study education or psychology, to reflect on an individuals behavior. Or, you can write a reflection paper for your own purposes, to work out your thoughts and feelings on a personal subject. If youre a student, in most cases, youll be given a prompt or question to guide your reflection. Often, these assignments are completed in class, so the reflections are generally under 1,000 words. The good news is that there are no wrong answers! However, there are things you can do to write more effective reflections that will give you (and your teachers, if applicable) more insight to your views and thought processes. Use these 5 tips to write a thoughtful and insightful reflection paper. To write a reflection paper, you need to be able to observe your own thoughts and reactions to the material youve been given. A good way to start is by answering a series of key questions. For example: What was your first reaction to the material? Was it positive, negative, or neutral? Do you find the writer (or director, presenter, etc.) to be credible? Has the material changed your mind in some way? Which issues or questions does the material fail to address? What new or remaining questions do you have after reading/viewing the material? What have you learned from this material? Does it remind you of any personal experiences, or anything else youve seen or read? Answering these questions will help you formulate your own opinions, draw conclusions, and write an insightful reflection. Once youve answered a few basic questions, look at your responses and see if you can identify any common themes. Whats the main takeaway? If you could summarize your thoughts on this piece in one sentence, what would you say? Think about what youve learned, or how the material has affected you. Be honest about how you feel, especially if the material incites any strong opinions or reactions from you. Your reflection paper should not be just a mere summary of the material youve read or studied. However, you should give a recap of the most important aspects, and offer specific examples when necessary to back up any assertions you make. Include information about the author (if youre writing about a book or article). If youre writing about a work of fiction, very briefly and concisely summarize the plot. If writing about nonfiction, share the authors thesis, or the main argument theyre trying to make. Just be careful to not overdo the summary you dont want to reproduce or offer a play-by-play of the original work, but rather offer enough context so readers can appreciate your reflection and analysis. Your reflection paper is a great place to practice your critical thinking skills, which include analysis. The questions in Step 1 will offer you a good start when it comes to thinking more analytically. Once youve offered enough context for your readers by including a brief summary, analyze the the overall tone of the work the credibility of the writer (or producer of the content) potential biases the intended purpose of the material If youre writing a reflection paper on a work of fiction, be sure to check out our guide to writing a literary analysis. Does the material remind you of any personal experiences youve had, or other books or films youve encountered? Can you connect it to any current events or real-world examples? Then, zoom out and try to see the bigger picture. What do these connections have in common? Can you point out a larger, more universal theme? The more of these connections you can tie in to your reflection to create a cohesive picture, the better. Reflection papers dont really require a rigid structure the most important thing is that you communicate your ideas clearly and effectively. (Of course, if you received specific guidelines from your instructor, you should stick to those.) The following is a loose outline that you can use to guide you through your reflection paper: Introduction: Introduce the material youre reflecting on. Include: Title, Author Name (or Director, Photographer, etc.). Briefly summarize the work and its main themes. Write a thesis that states the works overall impact on you. Body paragraphs: Support your thesis. When relevant, include specific quotes or examples to support your claims. Explore your main reactions and thoughts after reviewing the material. Build connections to personal experiences and other works youve encountered. Conclusion: Tie it all together. Show how the ideas from your body paragraphs tie together to support your thesis. Summarize the overall effect the material had on you. The following is an example of a reflection paper I wrote for a university course in response to an academic article on conflict resolution, found in the book *Managing Conflict in a World Adrift: In Understanding the Gendered Nature of Power*, Oudraat and Kuehnast explain how peace theorists have fallen short in their analyses of the role of gender (and of women especially). Because gender roles are a reflection of power dynamics within societies, they can also serve as valuable indicators of dynamics within conflicts and post-conflict processes. The authors emphasize the importance of using international intervention wisely. Although postconflict reconstruction might seem like an opportunity to rethink gender norms and roles, it seems that postconflict programs tend more often to reproduce gender norms that no longer contribute productive approaches to society and escalate social tensions. While I think we should always strive to bring more opportunities to women and eradicate gender biases, I agree with the authors that international actors must be attentive to the gendered nature of the societies in which they intervene. We have seen many cases where international intervention, although well-meaning, can end up hurting a community even more by meddling without truly knowing the conditions of a local situation. One example of such misguided help is the campaign for clean stoves in African villages, based on the idea that women are assaulted when they look for fuel and water outside their camps. Providing clean stoves does nothing to address the root of the problem (sexual violence), and in fact further confines women to their homes, while many studies show that times of collecting water or other supplies are often critical opportunities for women to communicate, socialize, exchange ideas, and so on. In many cases it is the only time they will leave the home or village that day. The solution proposed by the clean stoves campaign reminds me of the culture surrounding sexual violence in the United States, where rather than working to attack the root causes of such crimes, we instead teach women that it is unsafe to go out late, or to dress in a certain way. In order to make any progress, I agree with the authors when they suggest we need qualitative data that capture the changing nature of societies coming out of war. We must first identify the information we lack in order to move forward wisely and effectively. Whether youve been assigned a reflection paper for school or simply want to write one for your own exercise, these tips will help you get the most from the experience. Remember that when youre consuming any type of media, its good practice to reflect on what youve absorbed and ask critical questions so you can draw your own conclusions. Did you find this post helpful? Let us know in the comments below! As a blog writer for TCK Publishing, Kaelyn loves crafting fun and helpful content for writers, readers, and creative minds alike. She has a degree in International Affairs with a minor in Italian Studies, but her true passion has always been writing. Working remotely allows her to do even more of the things she loves, like traveling, cooking, and spending time with her family.

**1000 word reflection. 100 word reflection. How to write a 500 word reflection. How to write a 1000 word reflective essay.**