



April 2, 2025

Subject: How to Write a Reflection Essay?

Dear Students,

Thank you for working diligently to grow your minds and skills. As announced in class, I require you to practice writing down your thoughts to enhance your self-awareness, reflective thinking, and application of your English language skills.

You must write a reflection essay with at least five (5) paragraphs. You may follow the provided template on the next page, **or** you may choose to modify the content depending on your writing style. **DO NOT USE AN AI TOOL TO WRITE FOR YOU.** Do not worry, I do not expect your paper to be perfect, but I hope you will be **honest and put forth a genuine effort** to apply the English language you have learned. Use a dictionary for help instead.

Let's start with your reflections on Module 1:

- a. How well do you understand your communication style? Reflect on how you express yourself when engaging with others. For instance, do you use many hand gestures? Are you expressive or reserved when sharing your emotions in public? Are you assertive or more reflective? **Refer to the Module 1 Lesson notes I uploaded to MOODLE.**

- b. How can you improve your intercultural communication skills to be more intentional and strategic? Reflect on how others respond to you and how you respond to them. Do they quickly understand what you are trying to convey, or do you often need to repeat your message? Is it easy for you to engage with others?

Enjoy writing! Upload your assignment on or before Sunday, April 13. Please get in touch with me on WeChat if you encounter any issues.

Warm regards,

Ms. Cecilia Estoque



Sample Reflective Writing Template (save it in PDF)

Name (Pinyin): _____ Group: _____ Date: _____

Title: Reflecting on [Module Name] (You may write your own title)

Introduction Paragraph (write one paragraph only)

- This module focused on...
- Before starting this module, I thought...
- I was particularly interested in...

Body Paragraphs (write in 3 or more paragraphs)

You may begin with

1. Key Learnings and Insights

- One of the most important things I learned was...
- This concept stood out to me because...
- I found it interesting that...

Guide Questions:

- What are the key takeaways from this module?
- Did any topic challenge your previous knowledge or beliefs?
- How has this module deepened your understanding?

2. Personal Experience and Connection (This is the section where you will write your answers to this question: *How well do you understand your communication style?*)

- This module reminded me of...
- I can relate to this topic because...
- A real-life situation where I have seen this applied is...



Guide Questions:

- How do these ideas connect to your personal experiences?
- Have you encountered similar concepts in other courses or daily life?
- How does this learning affect your perspective or behavior?

3. Challenges and Areas for Improvement (This is the section where you will write your answers to this question: *How can you improve your intercultural communication skills to be more intentional and strategic?*)

- One difficulty I faced during this module was...
- I struggled with understanding...
- To improve my understanding, I will...

Guide Questions:

- How did you overcome these challenges (or how could you in the future)?
- What strategies can help you improve in these areas?

4. Application and Future Goals

- Moving forward, I plan to apply this knowledge by...
- This module has influenced my future learning or career by...
- In the coming weeks, I aim to...

Guide Questions:

- How can you use what you learned in your future studies or career?
- Has this module inspired you to explore related topics?
- What steps will you take to continue learning or improving?

Conclusion Paragraph (write one paragraph only)

- Overall, this module has helped me...
- Reflecting on my learning, I feel...
- I look forward to applying this knowledge in...