# Academic Reflective Journal structure

A reflection report or journal focuses more on the writer's personal insights, experiences, and growth in relation to a specific topic, event, or experience.

Here are the common parts of a reflection report or journal assignment:

1. **Introduction:**
   * **Brief Overview:** Introduce the main topic or the experience that will be reflected upon.
   * **Purpose:** Explain the purpose of the reflection and what will be discussed in the report.
2. **Description of Experience or Topic:**
   * **Background Information:** Provide context or background information necessary to understand the reflection.
   * **Specific Details:** Describe the specific event, experience, or topic that is the focus of the reflection.
3. **Personal Reflection:**
   * **Thoughts and Feelings:** Discuss your initial thoughts and feelings about the experience or topic.
   * **Analysis and Interpretation:** Analyze and interpret the experience. How did it affect you? What did you learn from it?
   * **Connections to Theoretical Knowledge:** Connect your experience with academic theories, concepts, or previous knowledge. How does your experience relate to what you've learned in class or through readings?
   * **Critical Thinking:** Critically evaluate the experience. What worked well? What didn't? Why? What could have been done differently?
4. **Discussion of Improvements and Learning:**
   * **Personal Growth:** Discuss how the experience contributed to your personal or academic growth.
   * **Skills Developed:** Identify and discuss any new skills or insights you gained.
   * **Future Application:** Explain how you can apply the lessons learned in future scenarios, both in academic and real-life contexts.
5. **Conclusion:**
   * **Summary:** Summarize your main reflections and learning outcomes.
   * **Final Thoughts:** Provide any final thoughts or conclusions you've drawn from the experience and the reflection process.
6. **References (if applicable):**
   * **Citations:** Include any references to literature, theories, or external sources you've used in your reflection. This is not always necessary in a reflection report but may be required if you are connecting your experiences to academic concepts or theories.