Individual Reflection portfolio

The reflection portfolio is a tool to keep track of your learning process in a reflected manner to acquire more self-knowledge and consciousness about your learnings, the standards to meet and awareness for your own dispositions and habits when approaching tasks. Reflecting on these kinds of processes is essential for becoming a more effective professional and will help you to direct your efforts more confidently and focused in the future.

Form

The reflection portfolio is between 750 and 1250 words and should include the following elements:

1. Title page: our name, student number, name of the course, date, and the group you participated in (not included in the word limit)
2. Two brief reflections on *two different learning situations* when working on an element of the course such as the video production, the Python implementation assignment, the slide redesign, the feedback you provided in your group or how you dealt with the feedback you received. You can also describe how you did (not) utilize the forum for discussing topics and questions. By these means, both the work processes *and how your learning progressed* throughout the course and the video production in your team should be described.

Make sure you pick experiences that allow you to

(a) communicate your understanding of the bigger picture in which the experience content wise resides and contextualize your learnings in the filed of Neuroinformatics or Cognitive Science
(b) reflect on your own dispositions and habits when approaching tasks
(c) conclude what the acquired self-knowledge means for you as a Neuroscientist.

The following prompts may inspire your self-reflection and drawing conclusions from your experiences.

- How does your work show how you have improved? *(self-knowledge)*
- What task or assignment was the most challenging and why? Relate this to your prior knowledge, prerequisite skills, the complexity of the task or the subject matter. *(insight into how sophisticated and accurate a students' view on task, criteria and standards is)*
- What did you learn that would help you next time? *(self-evaluation)*
- What do you know about perseverance that will help you to work through a difficult question? *(disposition and habits)*
- What assumptions did you make? How did that influence your process*? (disposition and habits)*
- How does your answer reflect your bias? *(disposition and habits)*
- What did you do well? What caused you struggle? *(self-evaluation)*
- What strategy worked for you? *(disposition and habits)*
- Does your answer meet the success criteria? How can you use the success criteria to improve your answer? *(self-evaluation)*
- What did you do to solve the problem? *(self-evaluation)*