Always know what is being asked of you

Make sure you respond to what is being asked of you in your reflective assignments — avoid guesswork. Study your marking rubric so you know how your work will be marked and evaluated. If you don’t understand anything discuss with your class peers but it’s always a good idea to seek further clarification with your lecturer/tutor.

Below are examples of reflective assignments you might be asked to do during your first year at Curtin.

Social Sciences – Weekly journal reflections

Choose a life or work experience where you have felt marginalised or different to other people. Describe what happened and reflect on how you felt and what you did to challenge this feeling and/or inequality. Make sure you frame your reflection around one particular inequality issue such as gender, race, disability, age discrimination etc. and counter/support your ideas with this week’s lecture, tutorial discussions and at least one of the key readings.

In this weekly reflective journal you are being asked to describe a particular experience and how this made you feel. First you would briefly describe the experience/event. Then you would explore your own feelings and beliefs around what had happened, comparing/contrasting and making connections with what you have learned in your lecture/tutorial and readings. Remember that you must make it clear in your writing when you are drawing on other people’s ideas, and if using scholarly texts (set readings) then cite them in the appropriate reference style.

Counselling – Reflective essay

After taking two online self-assessment tests, write a 1500 word essay reflecting on your personal responses to the two tests. You are required to compare and contrast your results and when reflecting on them refer to the theories on personality and emotional intelligence used in the unit. Examine how you experience emotion and the part emotion plays in shaping your personality and how this might impact on your professional role as a counsellor.

This assignment asks you to write an essay based on taking two online self-assessment tests. Not only are you being asked to compare and contrast your results but you are being asked to conduct an analysis, which also includes reflecting on your understanding/perceptions of your emotional make up and countering this with the appropriate theories you are learning in the unit. Here you are moving beyond what you just think and feel but consolidating your ideas with the theoretical concepts you are learning and referencing them appropriately. Note some assignments will indicate how many texts you are expected to use. As rule of thumb it would be no less than 5 for an essay of this length. This essay requires you write in the first person but it is still an academic essay and thus all the rules of general academic writing would apply.
Business studies – Reflective journal on a group assignment/activity

Focusing on the qualities of good leadership and what makes for successful group work, write four reflections that cover the period of your group activity from beginning to final delivery. Your writing should include a thoughtful analysis of your own participation/contribution and an evaluation of your group’s interactions.

Here you are being asked to critique in a constructive way your group participation and those of your group members. Although there is no suggestion that you need to draw on scholarly texts to support your thinking, there is an emphasis on applying the theoretical and practice-based concepts you are learning. For example, in terms of participation and interaction, you would be reflecting on what you and other members contributed to the group; what skills sets you and your members are providing to the group and what skill sets are lacking. Although this is a personal reflection on a series of events during group work, your focus is on professional practice and considering how you represent the behaviour of others in your writing.