

RFLCT: A Rubric for Reflection at Stritch

Reflection draws on key principles in Ignatius' Examen in an effort to ground our practice in the religious tradition of our institution, however, to do so in a way that renders it accessible in a non-religious context.

R: RECALL an experience. This initial step is a pre-writing step. Take 5-10 minutes to recall an experience intentionally broad. The goal here is to mentally contemplate the experience before writing.

F: FORMULATE a summary. Often this is where reflection stops, an objective summary of the "facts of the case". While this an important step, the summary should be a method by which the picture is painted and the key players in the experience are called to mind. Important in this step is to identify the feelings associated with the experience. "Our feelings, positive and negative, the painful and the pleasing, are clear signals of where the action was...delight, boredom, fear, anticipation, resentment, anger, peace, contentment, impatience, desire, hope, regret, shame, uncertainty, compassion, disgust, gratitude pride, rage, doubt, confidence, admiration, shyness—whatever was there" (Traub, 2008, 107). Emphasize the "bright spots" of the experience and the not-so bright, or dark, spots.

L: LEARN from the successes and shortcomings experienced. This exercise is ultimately about one developing a clearer understanding of who one is becoming in and through the experience through which they are reflecting. Thus, the feelings surfaced in the previous step tell us something about where we have room for growth and where we are succeeding and doing well. What knowledge and skills have I seen through reflecting on this experience?

C: CHANGE by identifying one area or action step for growth, development, and improvement. This fourth step encourages the reflector to select one point on which he/she will work. It may be something that did not go well, or building on a moment that went particularly well.

T: TRANSITION throughout this reflection exercises, something has been learned from your particular experience. It is important to acknowledge a sense of gratitude for this learning opportunity, and the people that made it possible, as you make a tangible pledge or future action step to consider how to move forward. The final step of the reflection process acknowledges the experience as a gift, and an opportunity from which one can build and continue on in their formation.