*Pasted below are the prompts that I use for student reflections. But please keep in mind that I encourage students strongly to ignore the prompts and to write about what is upper-most in their minds at the time of writing.*

**Reflection #1**: There is no one correct way to write your self-reflection. After all it reflects you, and how can something you write about you be wrong? However, some reflections are "better" than others in that the reflection is written with more or less depth of thought. It's pretty obvious if the reflection is written in a very short time with little thought. On the other hand, truly personal and thoughtful reflections are an absolute delight to read. They open a window into who you truly are and that you are more than just an engineering student at Cal Poly!

Each reflection assignment includes a series of questions or prompts intended to get your brain thinking. There is no requirement that you actually respond to these questions. If, as you are thinking, you find yourself pondering something completely different but still meaningful to you then write about that.

OK, here we go! Your first reflection assignment! Take a deep breath. Hold it . . . . Hold it! . . . . Hold it!

Breathe! You’re turning blue!

Better now? I hope so. Remember, this is not meant to be a stressful assignment for you. It’s meant to open your mind, deepen your wisdom, and bring you general enlightenment . . . ohhhhhhhmmmmmmmm!

Questions for consideration:

1. How do you react to your Felder's Learning Style Inventory scores?
2. After seeing the Felder scores for the entire class, what are your thoughts?
3. Why am I having your write this silly thing?

**Alternative questions:** When have you felt whole as a human being? What does it mean to be whole? Have you had this experience as a student here at Cal Poly? Why or why not? What does being whole make possible?

**Reflection #2**: So, you’ve completed one reflection assignment. Probably think you’re hot stuff by now, eh? Well, let’s see if you can step it up a notch. Keep in mind that the questions below are not “required” like a normal HW assignment. They are merely guides for your consideration. The point of these reflections is for you to take time out of your busy lives to actually think about your life experiences. So if you want to take this in a different direction, feel free.

**Question 1:** You just completed a project where you had to work in a team to analyze a cultural/historical artifact and what this artifact tells us about the importance of materials to a specific culture. Now that you’re done, what did you think of the assignment? How do you feel about it? Do you think your reaction to the assignment says anything about your personality/learning preferences? Why?

**Question 2:** The assignment was intentionally vague to get you to do your own thinking about the task. How did you react to or feel about this vagueness? What might this say about you?

**Question 3:** At the end of the project, you were evaluated by your peers. How did you react to this and what might it say about you?

**Alternative questions:** Imagine higher education as a highly complex system. Now place yourself in that system. What position do you occupy relative to others? What roles do you play? How have you had to adapt yourself to merge with the system? Meditate on these questions for 5 minutes and reflect on how you feel being a part of the system.

**Reflection #3:** Reflect!