**Effective Feedback Guide**

**Why is reflective writing important?**

For Students:

1. Increase self-awareness of conceptual understanding, knowledge gaps, value of learning strategies
2. Strengthen emotional connection and response to learning experiences and to be able to express that
3. Uncover key learning insights, reinforce strategies that work and apply these to situations beyond this course.

For Instructors:

1. Check student understanding and correct misconceptions
2. Understand what students are experiencing in class to know if teaching strategies are working
3. Diagnose and guide learning in ways that normalize, increase their tolerance of self-doubt (self-regulate), set goals, adjust plans, and evaluate progress
4. Build a mentor-student relationship through honest, respectful and supportive feedback and specific guidance to improve.

**What are the components of effective feedback?**

1. *Affirm* desired learning behaviors (**star**)
   1. I really enjoyed reading your journal entry. Very thoughtful and honest.
   2. This is fantastic! I’m super glad to hear this!
   3. I love that you’re asking for help when you need it. That is great that you are using your resources. Keep doing this!
2. *Normalize* the writer’s experience
   1. Your doubt is a natural part of learning. Trust your instincts.
   2. I function the same way. Having my notebook set up before an experiment really reduces my anxiety when I have to carry it out.
   3. Your contributions to the group have been really helpful to others. That helps the others feel they can turn to you, too, when they feel muddled. ☺
3. *Offer* help
   1. What can I do to help you with this? Are you finding a way to get caught up?
   2. Let’s meet about the content on Tuesday, then you can have a go at Activity 3 and follow your plan about asking for help if you get stuck. Come back to me if all of you are stuck.
4. *Give specific suggestions* to improve reflective writing (**wish**)
   1. Can you describe further how you are doing this? How is it helping you make connections between courses? What specifically do you understand on a deeper level? Give me the real scoop. ☺
   2. What specifically in the group experience was really positive for you?
   3. Tell me about the experience that helped you understand this. Describe that experience in detail.

**When in doubt:**

1. I really liked…
2. Tell me more… (move the writer from generalization to more specificity)
3. What specifically will you do… (move the writer toward exemplar on the rubric)