## Teaching Notes: Reflective Writing

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**Course Information**

Department: Science

Level: **Introductory**

Course type: **Lecture & Lab**

Students: **Majors & Non-majors**

Number of Students: 17

**OVERVIEW OF HOW I USED ALL BIOMAAP MODULES IN ONE SEMESTER**

**Modules Used this semester**

* Introduction to BIOMAAP – student version (PPT)
* Introduction to Growth Mindset (PPT & Handout)
* Value of Mistakes (PPT)
* Answer Checking (PPT & Handout)
* Reflective Writing

I implemented all of the modules in the lab section of my course during a 4-week period in my semester-long course.

Based on my experience, I recommend:

* **Start implementing modules from the beginning of the semester** (instead of 4 weeks after the start, as in my case, due to delays from IRB approval for the Faculty Mentoring Network). *Set the stage for how to think about math anxiety from the very beginning of the course.*
* **Incorporate the modules *throughout* the course**. Don’t just present the powerpoint or handout once and then not refer back to it again (as I did). For example, after going through the Answer Checking powerpoint and handout, have students explicitly practice answer checking with their own work (or others’ work) throughout the course.

**Module Information**

Original Module Name: **Reflective Writing**

Link to Original: https://qubeshub.org/qubesresources/publications/700/1

Files associated: Handout

Adapted Module Name: BioMAAP\_reflective\_writing\_2page.docx

**Teaching Notes**

I shortened the handout to fit on 2 pages to reduce paper waste.

Students read the handout in class – first they read to the end of the first page (about the experiment) and we discussed it. Then they read to the end of the second page and we discussed it together. Then they practiced writing about their feelings for 5 minutes (that same day in lecture they had a quiz, so I asked them to write about how they felt before that quiz).

They did reflective writing “for real” the next lab period when they took their lab exam.

I don’t have evidence about whether the activity helped them.