



Reflective Writing

In a reflective essay, the writer shares their personal experiences and what they think about them. The focus of a reflective essay is the effect of a place, time, experience, etc. on the writer and what they think and feel about the subject or topic, rather than on the subject or topic itself.

DIRECTIONS: Choose an event in your life that changed you in some way. Answer the following questions in preparation for writing your reflective essay.

What event are you going to write about?

What were your thoughts and feelings? What insight did you gain from it?

How does this experience compare/contrast to others you have had?

What exactly about this experience changed you? How or why?
