



The Reflection

An autobiographical incident essay is an essay that tells the story of an event that happened in the author's life. The event is not only important to the author, but it typically has some point of interest or wider application that makes it potentially relevant to other people as well. Central to the autobiographical incident essay is the writer's reflections on the incident in such a way that the writer's thoughts, exploration, and discovery surrounding the incident emerge through writing the essay.

DIRECTIONS: Consider the following. Make notes below.

How is your experience of the incident connected to the insight that you gained from it?	
How does this experience compare or contrast to other experiences you have had?	
What exactly about this experience caused you to think about things differently? Did that happen in the moment, or gradually, after reflection, over time?	
Can you relate this incident to anything in literature, and thus further illuminate both stories?	