



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 one of the topics below for a reflective essay. Remember, a reflective essay is uniquely personal. No one has had the same experiences or has the same point of view as you do. Feel free to be completely yourself in how you write about the topic.

- A positive family experience you have had
- A negative family experience you have had
- A positive school experience you have had
- A negative school experience you have had
- Something you are proud of
- Something you regret
- The most important quality in a person and why
- The importance of...
- Why it's important to fail
- Your philosophy of life
- Something you believe strongly in
- Something you are strongly opposed to
- A place that is very dear to you
- An animal that is very dear to you
- A person that is very dear to you
- The most important book you have ever read