Why Reflection? Resources that consider the value of reflection.

* Develop nuanced understandings of material (Sherman and MacDonald, 2009, p. 24; The Council for the Accreditation of Teacher Preparation, p.11).
* Think critically (Hayden et al., 2012, p. 146; Jay & Johnson, 2002, p. 76).
* Develop the critical thinking, analytic skills, judgment, insight, and sensitivity necessary to confront the great variety of situations with which they will be faced (MacGregor and Semlor, 2012)
* Facilitate the transformation of preconscious or tacit knowing into verbally explicit knowledge that then becomes available to the student, who can also articulate these ideas to others. (Kisfalvi and Oliver, 2015)
* Vehicle to generate, deepen, and document learning (Ash & Clayton, 2009).
* Offers students a mechanism to explore their values and beliefs, challenge and deconstruct stereotypes, and consider present and future action based on their experiences.(Seifer and Connors, 2015)
* Strengthen perspective-taking (Goroshit & Hen, 2012, p. 32; Wang et al., 2012, p. 14).
* Strengthen ability to articulate beliefs, values, behaviors, and emotions (Nilsson, 2009, p. 255).