

Academic Reflection Tips

Find below an example of how we are writing an academic Reflection Note.

- Study the material of each Unit
- Use your experience and how they become connected to the Unit's material to support learning and analysis
- Write clearly, academically, and logically
- Organize into paragraphs (introduction → analysis → conclusion)

1. Introduction (Context of the Unit)

In this thematic unit, I explored [topic/theme]. The materials included Xpaper an Y film etc.

2. Initial Perspective

Before engaging with these materials, I understood [topic] as [your prior assumptions]. I approached the subject from the perspective that [belief or expectation].

3. Key Ideas from the Materials

One of the main arguments in [Paper/film etc 1] is that [key idea]. Similarly, [Paper 2] suggests that [key idea].

The film or photograph etc, [name/description], adds to this discussion by [explain how it supports, contrasts, or complicates the ideas].

4. Critical Analysis (Connecting the Materials)

When considered together, these materials highlight that [your main insight]. The relationship between [idea from paper] and [visual element] suggests that [analysis].

Rather than presenting a single perspective, they reveal how [issue/topic] can be understood differently depending on [context, perspective, or representation].

5. Reflective Insight

Engaging with these materials also made me more aware of how my own assumptions and background shape the way I interpret information. For example, I initially thought [your assumptions], but after examining these sources, I began to question [what changed].

This process shows that understanding is not neutral, but influenced by perspective, context, and prior knowledge.

6. Evaluation of Your Learning

I found [concept or material] particularly [interesting/challenging], because [reason]. While I was able to understand [what went well], I struggled with [difficulty], which suggests that I need to develop my [skill, e.g., critical analysis, interpreting visual material].

7. Conclusion

Overall, this unit deepened my understanding of [theme]. By combining different types of sources, I was able to see how knowledge is shaped by multiple perspectives, and how critical reflection can lead to a more nuanced understanding and my future work, I will apply...

For the visual part, the stress is not on the artistic capacity but on

- how much it is clearly connected to your argument
- how it gives your interpretation and perspective
- how it links to the papers + theme