



***English Department***

***3<sup>rd</sup> year students***

***An Essay***

***7Lecture***

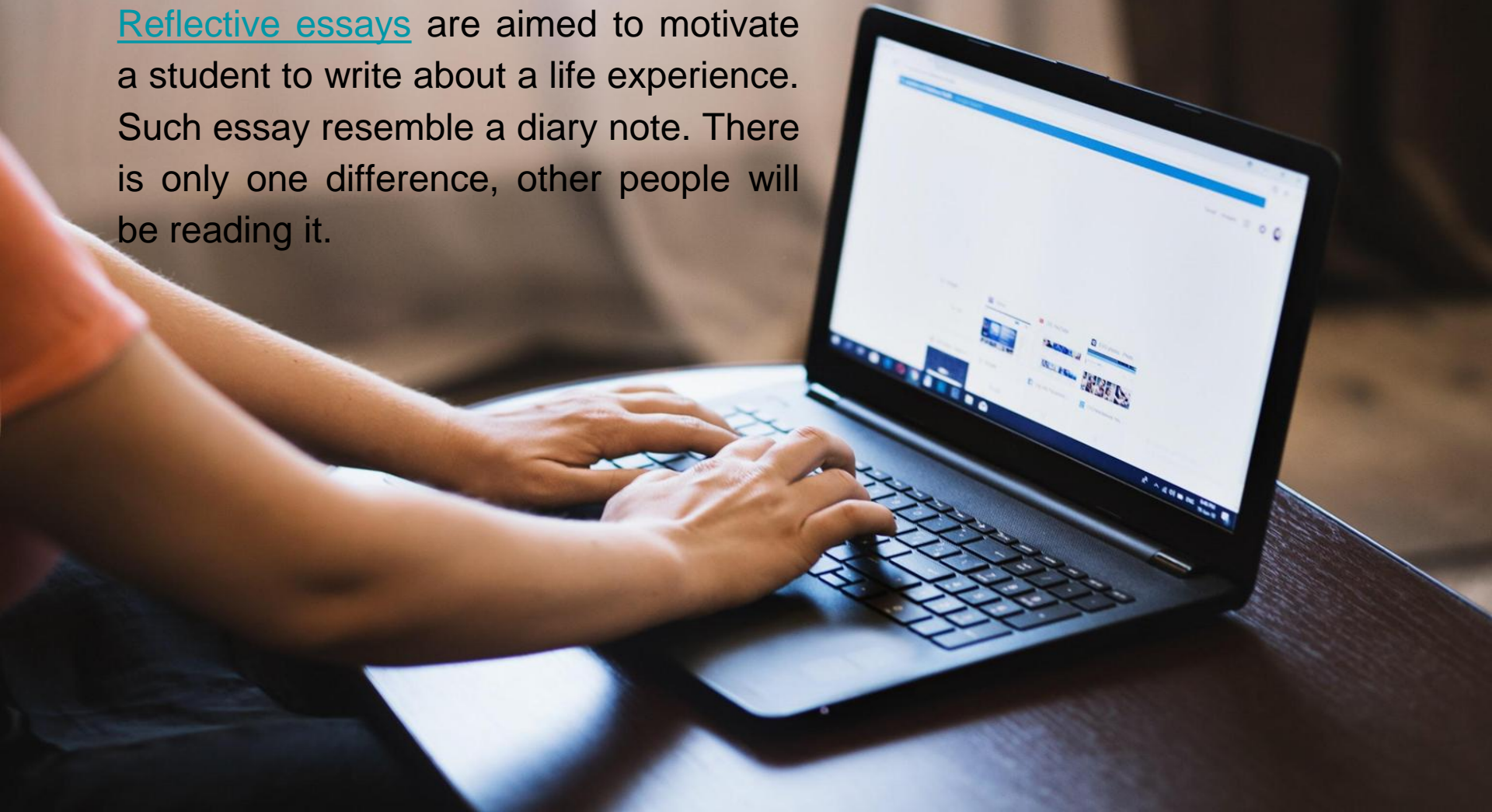
***(Reflective Essay )***

***Prepared By***

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# How to Write a Reflective Essay

Reflective essays are aimed to motivate a student to write about a life experience. Such essay resemble a diary note. There is only one difference, other people will be reading it.





In a reflective essay, students will need to explain the audience their life experience, The purpose of such essay is not only to show a life experience, but to also describe the way the student has changed.

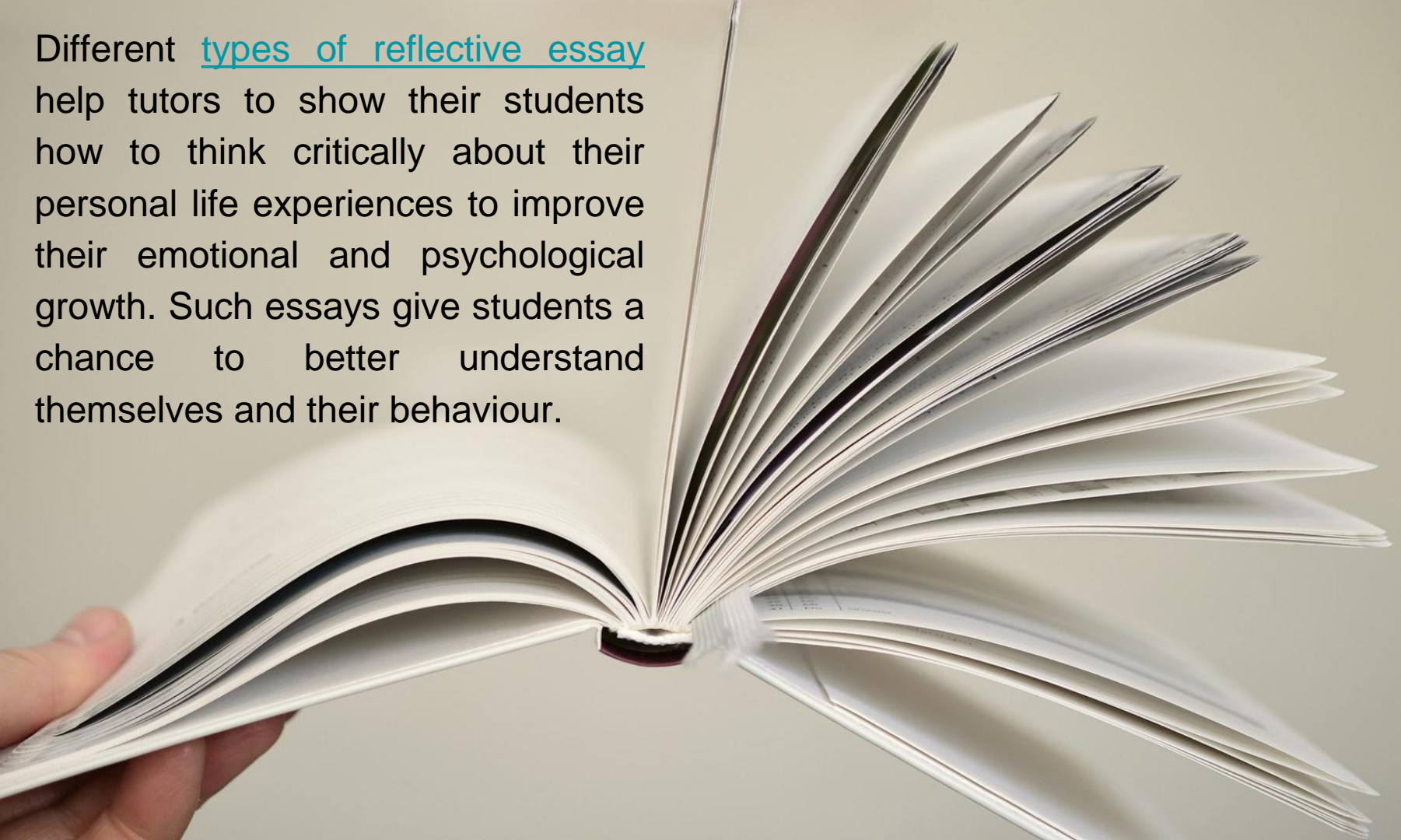


Reflective writing can be done in different formants. For instance, [writing a reflection paper in apa format](#) can be done in order to convey how the student thoughts have originated and changed over time.





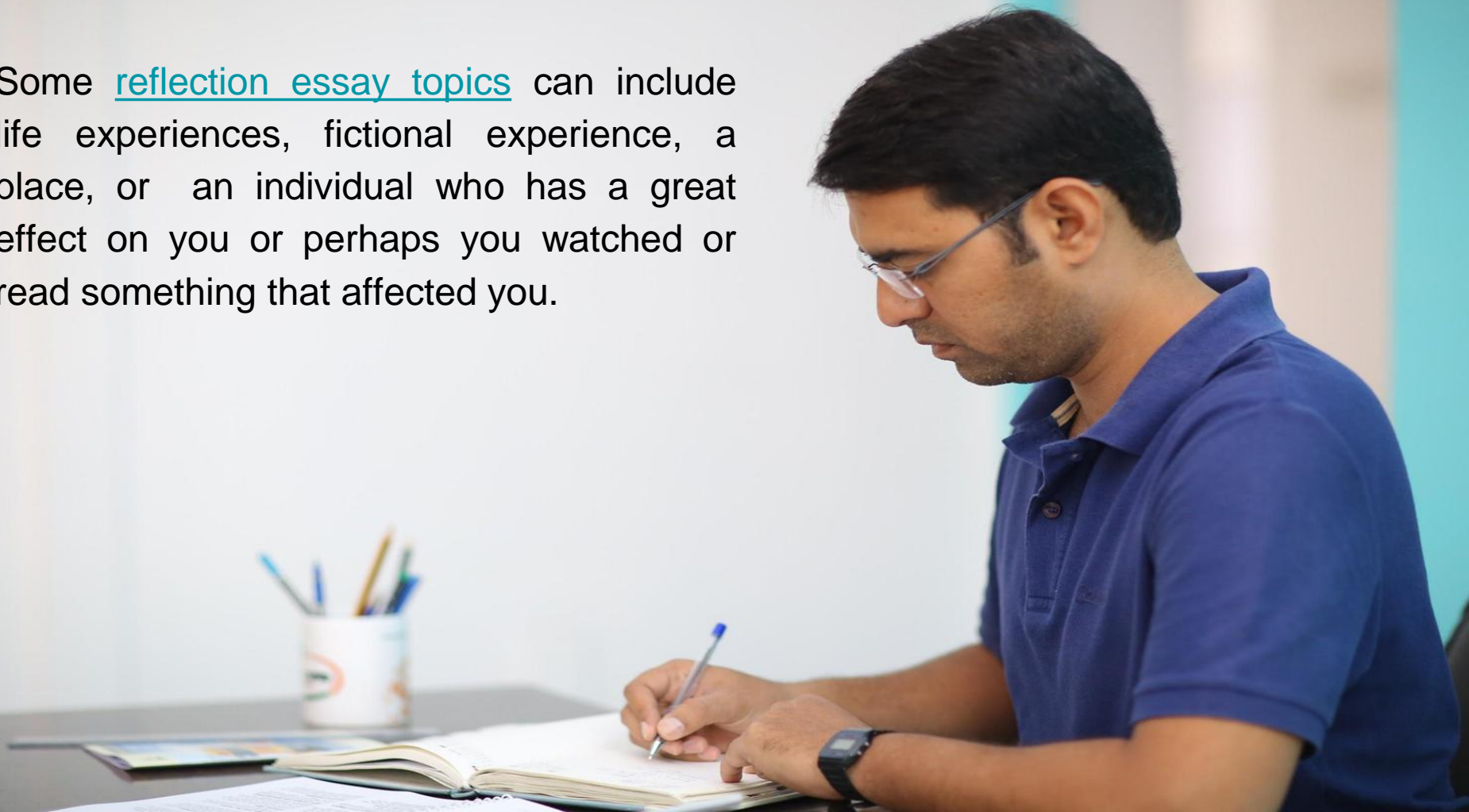
Different [types of reflective essay](#) help tutors to show their students how to think critically about their personal life experiences to improve their emotional and psychological growth. Such essays give students a chance to better understand themselves and their behaviour.



**TIP.** Start by choosing a topic. In case, you, as a student, have not been given one, You will need to go over the most influential experiences in your life. The impact can be either negative or positive.



Some [reflection essay topics](#) can include life experiences, fictional experience, a place, or an individual who has a great effect on you or perhaps you watched or read something that affected you.





You will need to brainstorm a lot and write down everything you can think of about the subject of your essay. You can also read through [sample of reflection paper](#) to get some ideas. You need to describe your subject as clear as you can.



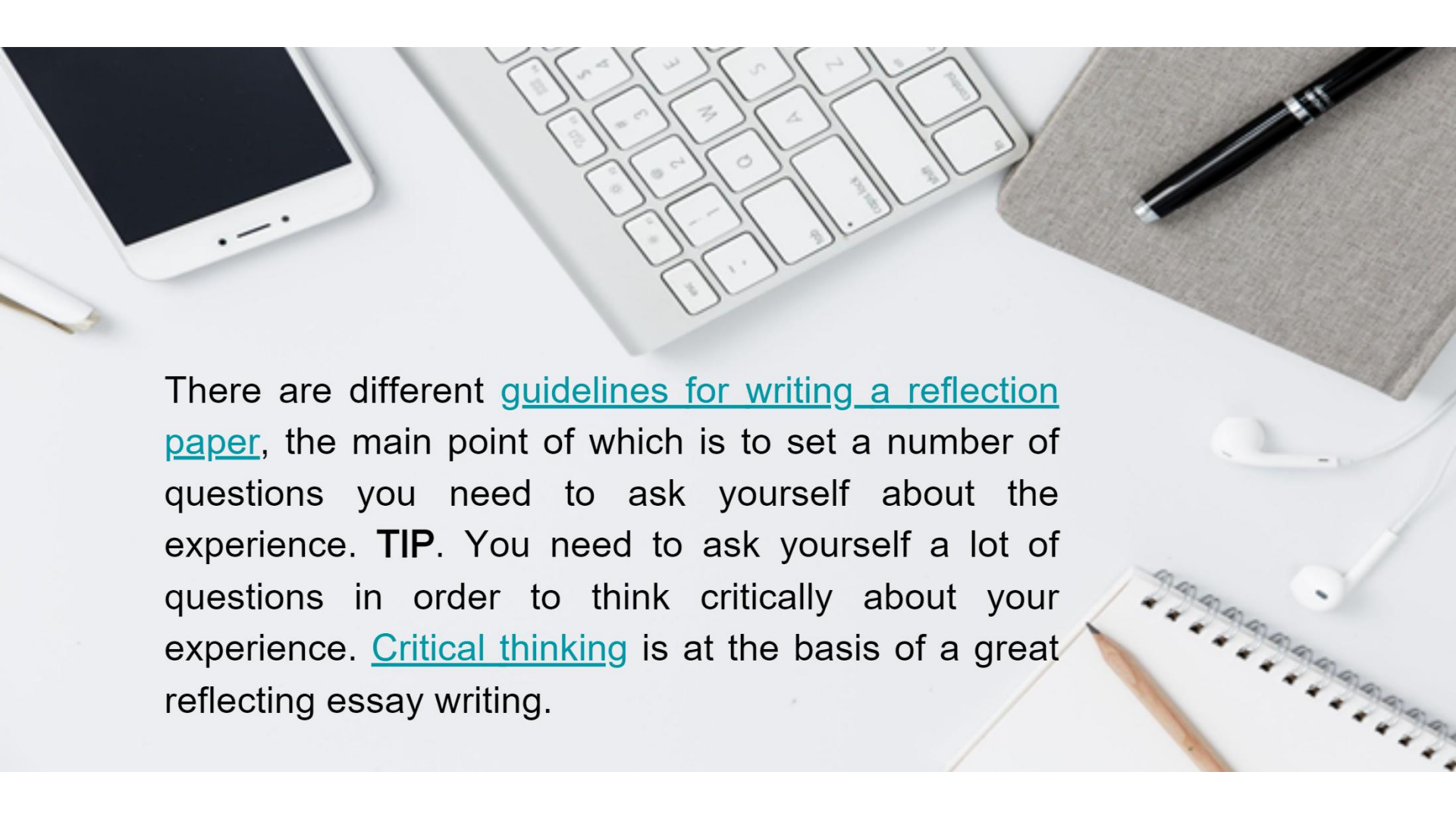
It is clear, the [reflective process](#) sets in the centre of writing such essay. You need to analyse in what way that personal experience, you are writing about, changed you. Think about the feeling of the experience to explain that impact.



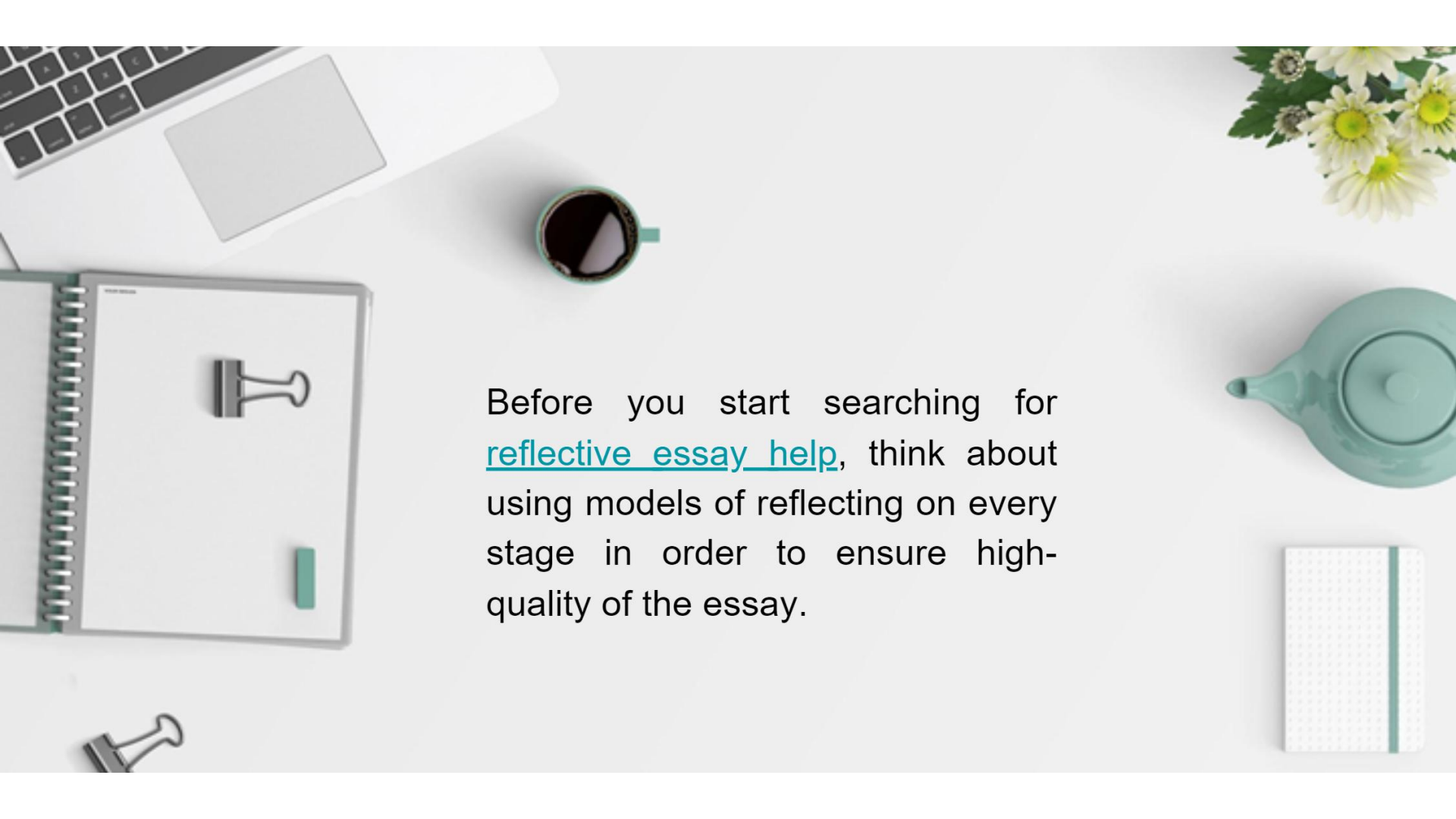
**TIP.** You can just make notes to make sure you are recording your perceptions and experience of the event.



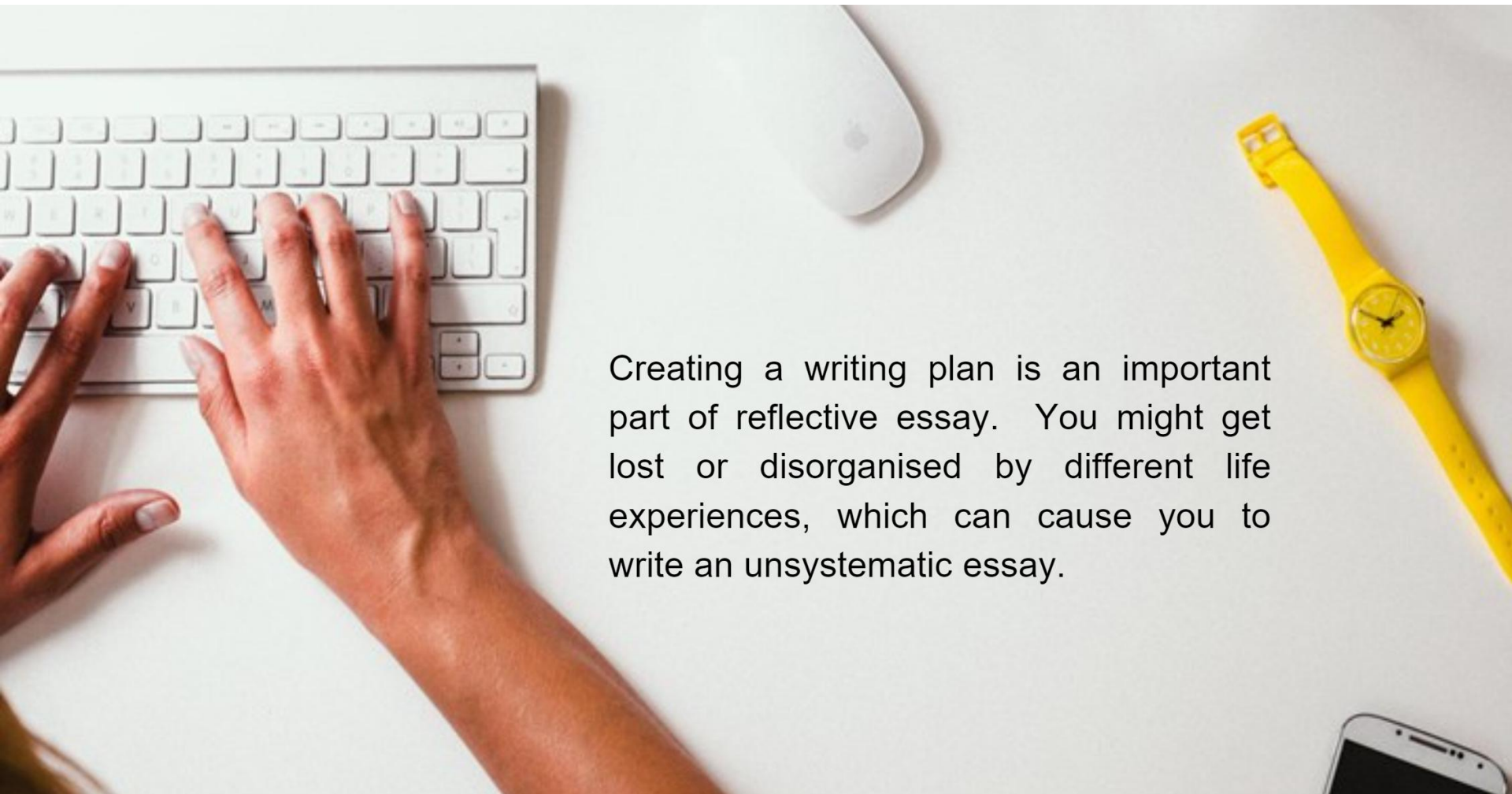


A top-down view of a white desk with various items: a white smartphone with a black screen, a silver laptop keyboard, a brown textured notebook with a black pen, white earbuds, and a spiral-bound notebook with a pencil.

There are different [guidelines for writing a reflection paper](#), the main point of which is to set a number of questions you need to ask yourself about the experience. **TIP.** You need to ask yourself a lot of questions in order to think critically about your experience. [Critical thinking](#) is at the basis of a great reflecting essay writing.



Before you start searching for [reflective essay help](#), think about using models of reflecting on every stage in order to ensure high-quality of the essay.

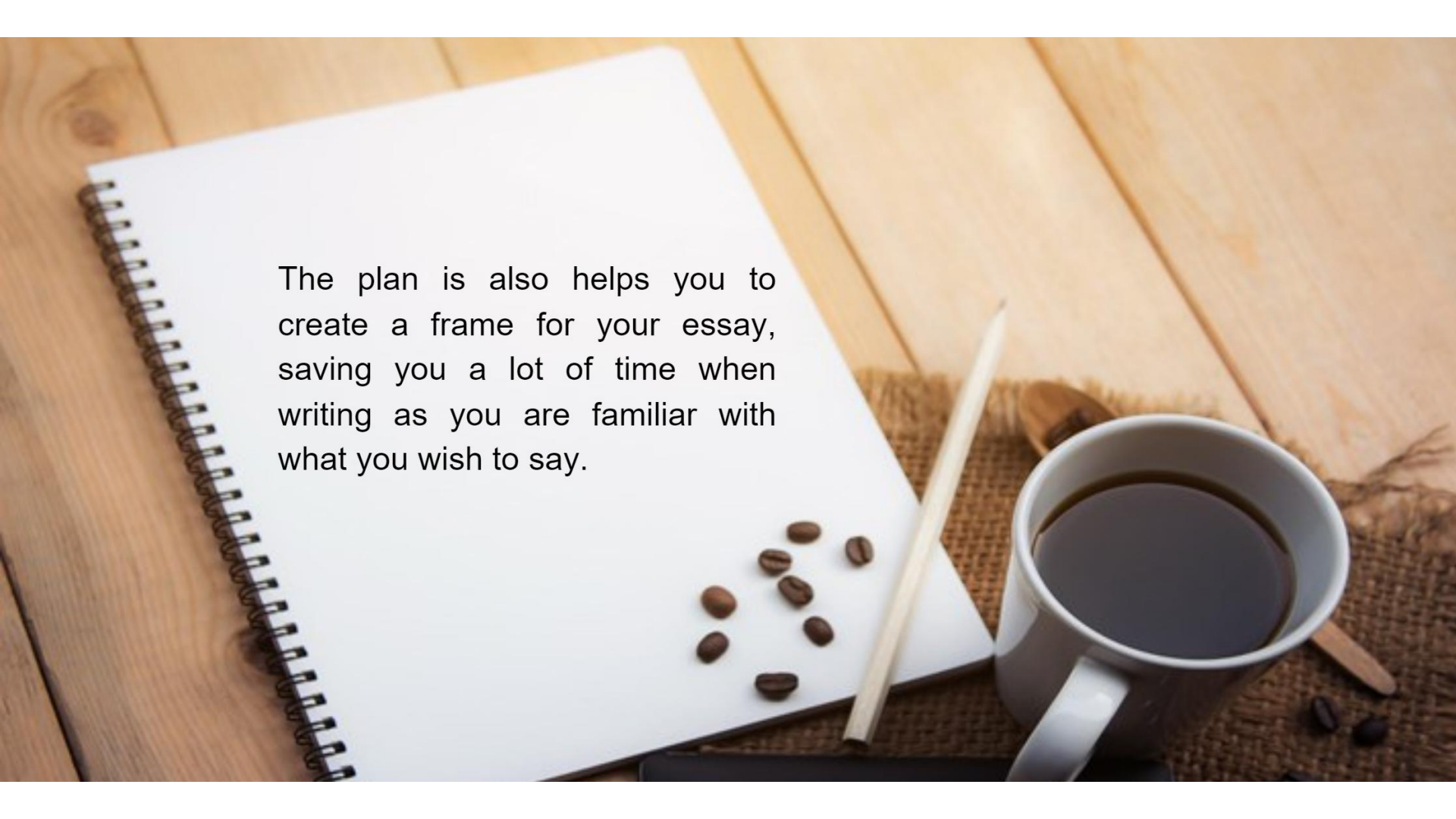


Creating a writing plan is an important part of reflective essay. You might get lost or disorganised by different life experiences, which can cause you to write an unsystematic essay.

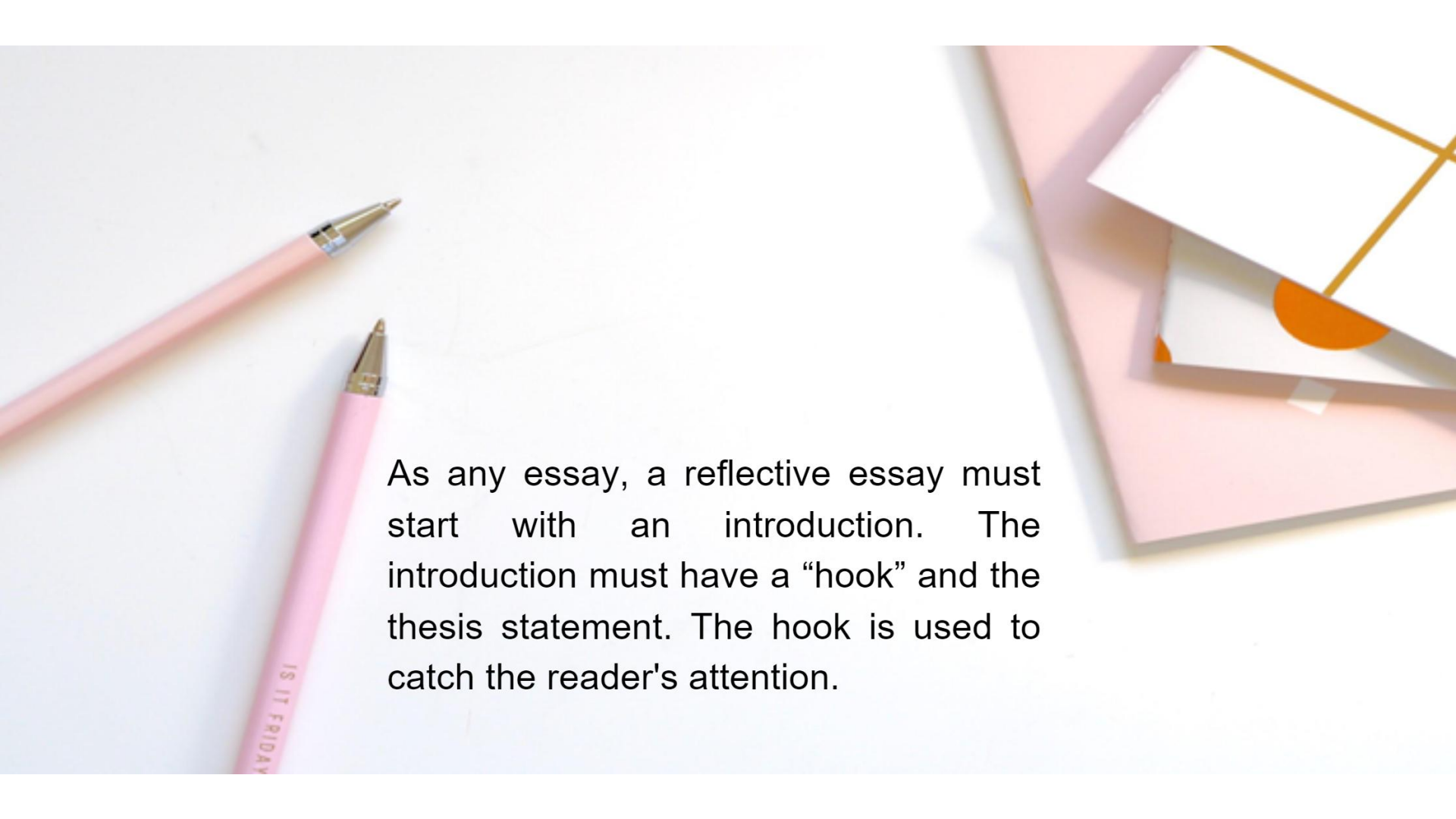


The writing plan will give you the possibility to establish main details that you are planning to mention in your essay. You will be able to find the information that you do not need at all.



A top-down view of a workspace on a light-colored wooden table. A white spiral-bound notebook is open to a blank page. A light-colored wooden pencil lies diagonally across the bottom right of the page. Several dark brown coffee beans are scattered on the page and the table. To the right of the notebook is a white ceramic mug filled with dark coffee. A small wooden spoon with a coffee bean on it and a few more beans are on a piece of burlap fabric next to the mug.

The plan is also helps you to create a frame for your essay, saving you a lot of time when writing as you are familiar with what you wish to say.

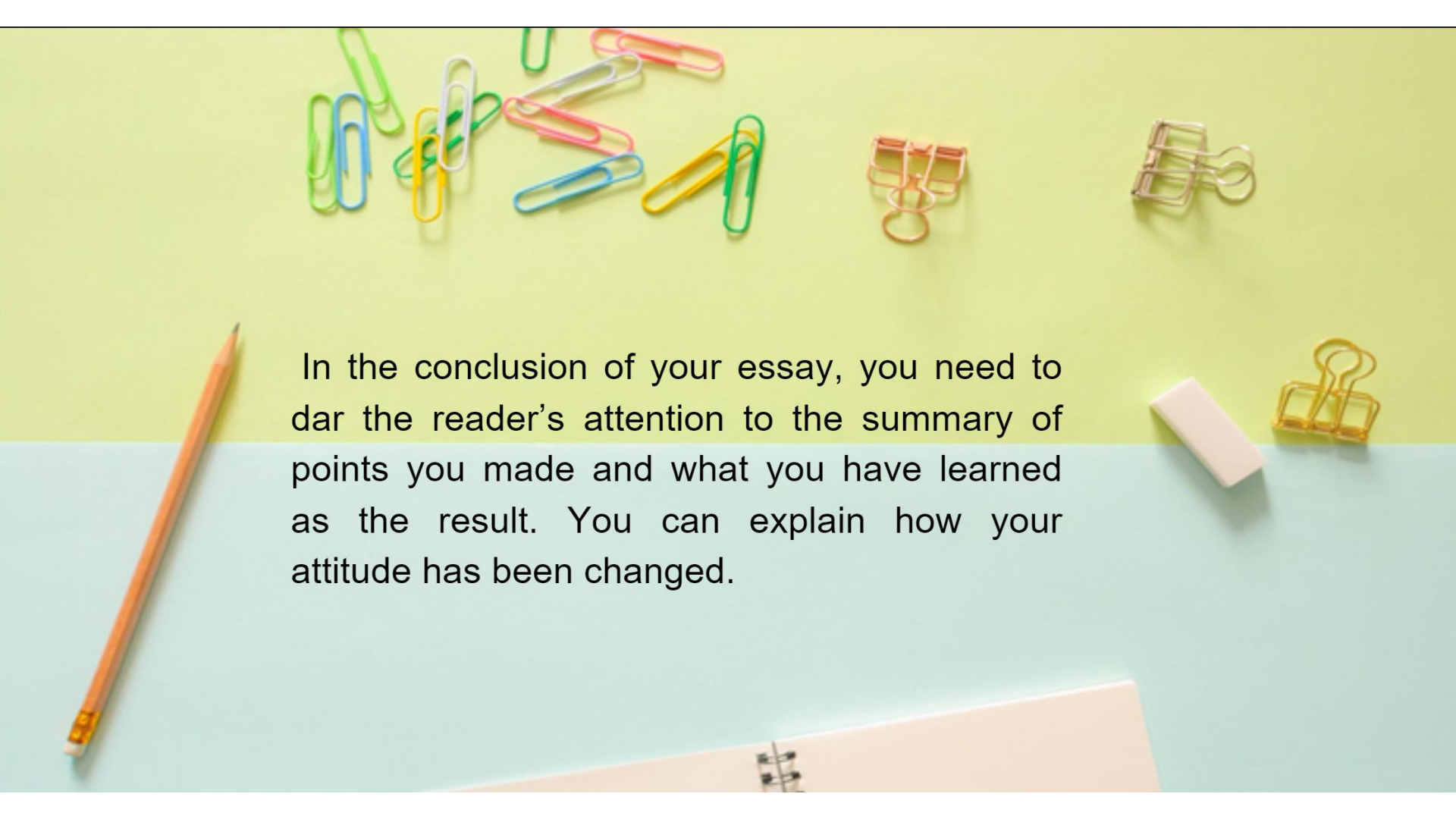
A top-down view of a desk with a white background. On the left, two pens are positioned diagonally: a light pink pen with a gold-colored tip and a darker pink pen with a gold-colored tip. The darker pink pen has the text "IS IT FRIDAY" printed vertically on its barrel. To the right, a light pink notebook is partially visible, with a white sticky note attached to it. The sticky note has a gold-colored border and a large orange semi-circle at the bottom. The scene is brightly lit, casting soft shadows.

As any essay, a reflective essay must start with an introduction. The introduction must have a “hook” and the thesis statement. The hook is used to catch the reader's attention.



The body of the reflective essay is the hardest part to write. **TIP.** You need to spend a lot of time planning and writing the body of the essay using a chronological approach.



The background is split horizontally into a light green top half and a light blue bottom half. Various stationery items are scattered around: a cluster of colorful paper clips (green, blue, yellow, pink, white) in the top left; two metal binder clips (orange and silver) in the top right; a pink eraser and a gold paper clip in the middle right; a single orange paper clip in the bottom right; and a sharpened orange pencil on the left side. A spiral-bound notebook is partially visible at the bottom center.

In the conclusion of your essay, you need to draw the reader's attention to the summary of points you made and what you have learned as the result. You can explain how your attitude has been changed.



**Good luck in writing  
a reflective essay!**