

# How to Write a Reflection Paper: Outline, Format, Best Template

A reflection paper is a formal essay about your thoughts, ideas, and reactions to the reading some book, article, lecture or experience. You can write what you observed and how this literature or experience helped you to understand some material.



A reflection paper is not like a book report where you need to summarize what you read. It is about what knowledge you got from that reading or experience and whether it changed your opinions on the topic.



How to write a reflective essay? To find out that, read the following tips on reflection paper outline and format.

► Define the major themes

Make notes for yourself: write a summary of a book, article, lesson or experience (2-3 informative but up to the point sentences). Ask for professional reflective essay help, if you have any writing troubles.



► **Create a table and include there your ideas**

To keep track of your thought after the reading, it is very helpful to create a chart or a table. In the first column, list the key points which the author or speaker wrote or told as well as essential details which support these ideas.



In the second column, write your own response to each of these points from the first column. Include there your personal beliefs and experiences which influence your response.

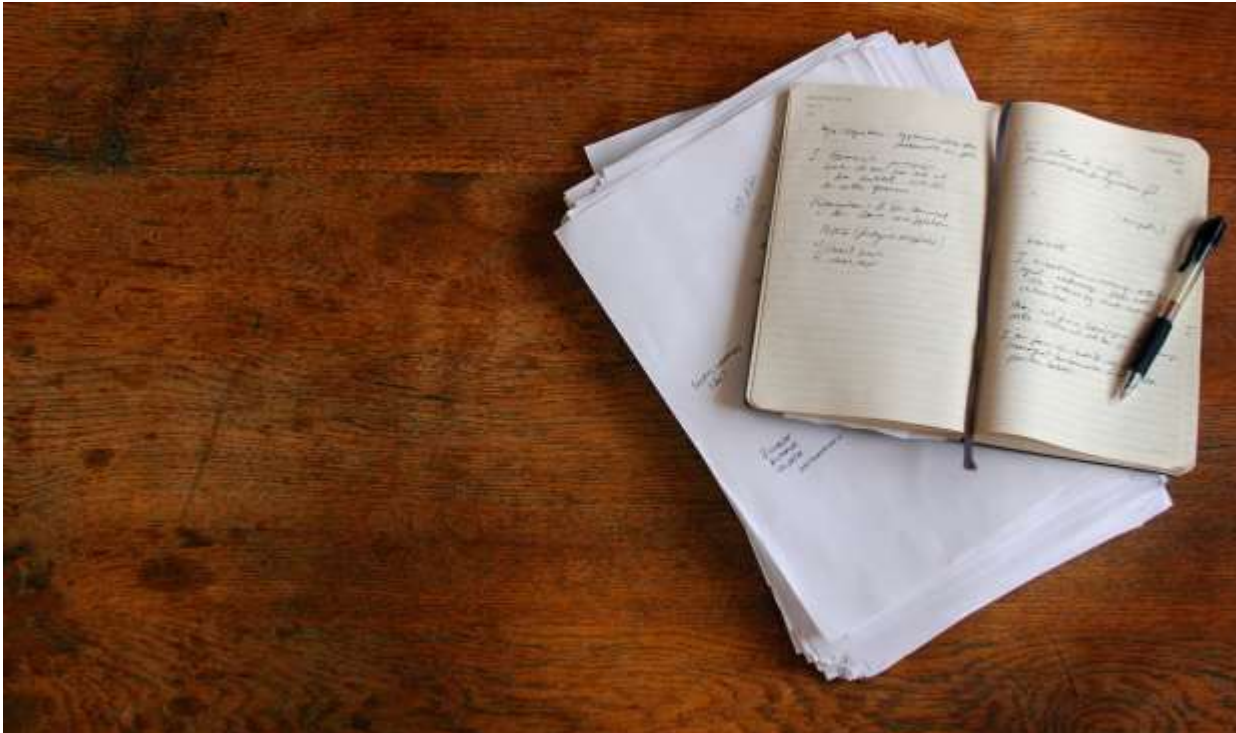


A reflection paper writer should ask himself the following questions:

- ▶ What issue did the author bring up?
- ▶ What is the author's key point?
- ▶ How did the author back up his arguments?



- ▶ What strengths and weaknesses of the author's opinion on the topic?
- ▶ After the reading, have you changed your way of thinking on the topic? Did it have any conflicts with your previous beliefs and values?



- ▶ Have this book, lecture or experience changed you? Does it bother you? What grabs your attention?
- ▶ Do ideas and thoughts brought up in the book or any other source contradict or support each other?



Stick to the word limit. Usually, good examples of reflective writing are 300-700 words long. Ask your supervisor what requirements are towards its length and keep your written piece concise and sweet.



One of the worst mistakes in writing a reflective paper is to leave the reading your source and writing a reflection paper until the last minute.



You need to have enough time after the reading to think thoroughly on the topic (you can reread the text even twice if needed). So, schedule in advance and make sure you can accomplish everything within a deadline.



## ► Introduction

In this part of a reflection paper, you need to specify the main points you're going to write about in the next sections. Tell what you expected at the beginning to read in a book based on its title or introduction.



Start with a discussion what makes you read this particular book, what you were feeling, and your impressions after you finished reading. Sum up all of these in a thesis statement.



In a thesis statement, write whether your expectations were met after the reading. Make it short and succinct. Ideally, it takes one sentence (maximum two) like in this [example of a reflection paper](#).



Some students prefer to write the body paragraphs first. They know how to start an opening sentence after they've listed all ideas and thoughts. It's up to you so choose what is better for you and check this [reflective assignment example](#).



## ► Body Paragraphs

It should be about your understandings and conclusions you got after the reading. Provide all necessary details and write a separate paragraph for each of your idea.



Support what you're writing by quoting from the original source. But make sure you're citing properly and according to the academic citation style.



## ► Conclusions

Concisely summarize your feelings and understandings you reached after the reading or having an experience. If it changes your actions in the future or your views on the topic, explain how and why. Leave your reader with something he/she can think about the subject.

Find even more information on the topic in this [Google book](#).



Conclusion

Want to know more?  
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right now!