



Given our visual culture (and memory), faculty may wish to include an image that gets students thinking about their learning experiences in their course. This one was from our first night of class.

And yet, part of our job in higher ed is to keep them reading(!):

### Pausing Midway...

*...to get a sense of what you are learning and what is supporting that process best for you. The questions below are provided to prompt genuine self-reflection on your learning rather than to serve as formal communication with me. Recalling and articulating insights from your readings, discussions and assignments will help you integrate the skills you are developing. So please be thoughtful in your responses here!*

Learning doesn't mean just remembering concepts; it's encountering new material, new perspectives, questions, ideas, and ways of approaching things, all of which open up possibilities for thought and action. Learning is a process of integrating insights and skills into our lives, into our conscious processes (problem-solving, conversing, writing, and revising) and into our more unconscious processes (such as habits of mind).

Part of this process of learning is pausing to reflect on our learning. This pause can be quite powerful. We pause to look back and carry forward what we've been doing. By articulating what we have been learning in our own words, we come to know the new material/new approaches more fully.

**1) Homework reading and exercises** [For this question, please refer to your homework sheets to jog memory for reflection on specific learning activities—which include here faculty may want to list some specific activities and/or point students to the syllabus or homework sheets]

**Please pause to consider key insights, new approaches and ideas you've had from your homework readings and exercises.**

**Please write a sentence or two from each week—Week 1 to Week 5.**

[Course material included: here faculty may want to list some specific readings, exercises, etc to prompt their memory.]

## **2) In-class sessions**

[For this question, please consider learning activities such as here faculty may want to list some specific readings, exercises, and/or point students to the syllabus or homework sheets]

**Please pause to consider key insights, new approaches and ideas you've had from your in-class experiences.**

**Please write a sentence or two from each week—Week 1 to Week 5.**

[Course material was here faculty may want to list readings and assignments and/or point students to the syllabus or homework sheets]

**3) Learning experts often talk about the natural “difficulty” and/or “disorientation” that is an essential phase in the learning process.** This phase is a time of integrating new perspectives and skills.

**-Please share about what has been most challenging for you so far in this course? (“Disorienting” even?)**

**-What helped you in overcoming the challenge?**

**-What have you learned from this difficulty/disorientation?**

**6) What am I doing that supports your learning most? What can I do better?**

**7) Please feel free to share any questions, comments, or concerns as we enter the second half of the semester.**