Reflection is a valuable tool in the applied learning process. While often thought of as useful during and at the end of a project, it is equally important to start a project by reflecting on intended outcomes.

The Importance of Intention
Intention is a vital part of every applied learning experience and also one of ETEAL’s core learning outcomes. For students, articulating clear intentions before they begin their applied learning can help to ground and guide their experience, establish clear goals and purpose, and prepare them to critically engage with their own learning. Intention Reflections are about more than just asking students what they expect to learn from a course; it’s about explaining in depth the purpose for engaging in this experience, linking it directly to their personal education and development, and imagining how this experience might impact their future.

When to Reflect on Intentions
Students should complete their intention reflections, which are typically between 1 and 3 pages typed, prior to beginning their applied learning project and the applied components of their experience. Some applied learning projects may take place over a short period of time in the middle of a semester and some may span the entire semester from the first class to the last. In every case, the best time for students to complete their intention reflection will be after you have briefed them on the project they’re about to take part in but before they begin the project itself.

Example Intention Prompts and Student Responses
Below you’ll find two examples of good Intention prompts that encourage students to articulate their intentions clearly and go beyond just listing what they’ll learn in the immediate future. The student responses in these examples were rated at a level 4, the highest level for Intention following our reflection scoring rubric.

**Intention, level four description:** Explains in depth the purpose for engaging in the experience and directly links it to personal educational development through expected educational outcomes.

**EXAMPLE ONE**
Prompt excerpt:

- a. In your opinion, how does the process of creating a short film relate to this course?
- b. How does the process of creating the short film influence your education beyond [this course]?

Student work (emphasis added):

I feel that in future assignments I will push myself to be an empathetic leader that is able to work with the other members of my group in order have everyone work together towards a common goal. I feel that if I am able to unify everyone’s perspectives of the assignment, it will be easier to organize cohesively with the other members. I would love to be the person who steps up and takes control of how the final project comes together. I have always been fascinated with editing software and have even asked my brother many questions from when he participated in a film competition that resulted in him traveling to Hollywood as a prize. I would love to be able to express my ideas of how the film will
ETEAL Intention Reflection
Example prompts and selected student responses

Look and present it in a way that everyone contributes to and enjoys. The making of a short film relates to [the course] in such a way that it combines all aspects of the campus in to a possible backdrop, while also having students work with others in order to show the many aesthetics of the school of the many that we have learned throughout the course. The assignment also encourages a certain attitude towards the school that has students early appreciate the good of the school and future situations that present themselves throughout life. This attitude may cause a major influence in an individual’s life that represents itself throughout life. Whenever working with others, I find that I am pushed socially on my abilities to cooperate with others. This is going to be a challenge for me, as it is for many, that I will be continuously faced with throughout my life, and I am grateful for the opportunity to work with others because I know it is a great way to learn how to develop this important skill.

EXAMPLE TWO
Prompt excerpt:

a. Explain the goal of your project: What do you hope your final paper produces for the organization and for this class?
b. Examine and explain what you hope to gain from this experience in terms of personal, educational, and/or career goals.
c. Explain the impact (on others or on the field) that you hope to make through this project.

Selections of student work (emphasis added):

“...I will use these theories to guide my research as well as my interviews and in doing so, I hope to reveal what social factors, both on a large scale as well as a smaller, interpersonal scale helped the clients and those that inhibited the clients. In addition, I will shape my research to consider the differences in experiences and how race, gender, age and ethnicity factor in...”

“...I hope that, by using these theories as a guide, I can provide LINC with a theoretical review of what the organization is achieving and what social factors contribute to it’s success. Through my interview, I hope to reveal what policies work very well, what don’t (if any) and compare and contrast these on the basis of race, gender, age and ethnicity. I would like to examine the difficulties these men and women face, examine how these are gender-based, and use the three theories I discussed above throughout my reasoning. In doing this, I can provide [the client] and [their] employees with a deeper understanding of the different issues people face, as well as what steps can be taken to help mend these issues. I also hope that in doing this, I will be able to educate the public on the true hardships people face after prison, and how these hardships are all unique and influenced by race, gender, age and ethnicity.

In doing this project, I hope to gain deeper insight into these sociological theories so I can better understand every factor that contributes to reoffending. On a personal level, I aim to get hands-on experience communicating with people and playing the role of researcher and maintaining the ethical standards as such. On a professional and education level, I will gain a better understanding of how to conduct research and deal with research participants in a professional and sociological manner.

I hope to conduct a comprehensive examination of [the client organization] through the lens of the Labeling and Differential Association and Intersectionality theories. In doing so, I hope to illustrate how and why organizations like [the client] are so successful, by providing a tangible example, through [the client], and using real interview data. I hope that my research will make others understand how difficult society makes it for ex-cons to reintegrate into society.”

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