

# Asano Humanities & Health Certificate Reflection Portfolio Instructions

These guidelines are for students participating in the Asano Certificate for **co-curricular enrichment**. If you are an SKMC student completing Asano for JMD153/252 credit please refer to your guidelines and requirements in the JMD 153/252 Credit Overview page in the Jefferson Humanities & Health Canvas course.

To earn the Asano Humanities & Health Certificate, you must complete Event Attendance and Reflection Portfolio in the **Jefferson Humanities & Health Canvas course** (in the Assignments Module) by **Monday, March 25, 2024, 11:59 PM**.

- You will indicate which eight events you attended with a unique three-sentence description written in your own words for each. In addition to describing the purpose of the event you can include your impressions and the impact the event had on you. What surprised, delighted, discomfited, or interested you? Please follow the instructions for how to list your events.
- You will prepare and submit four (4) reflections in response to four (4) different 2023-2024 Jefferson Humanities & Health events that you attended. For each reflection, you will have a choice of five possible reflective prompts (see below).

## Submission Format (please read closely)

- Upload your reflections to the Jefferson Humanities & Health Canvas course in a **Word document** with the following file name: firstname-lastname-asano-reflection (e.g. meredith-grey-asano-reflection).
- In the upper left corner of each of your four reflections, please list the name of the event to which you are responding and the prompt you chose to reflect on. You are also encouraged to give your reflection a creative title!
- Responses, unless otherwise noted, should be 400-500 words.
- Please double-space and use 12-point font.

Before submitting your reflections, you must have attended an Asano Humanities Portfolio Reflection Writing Workshop or have reviewed the workshop's presentation slides by instructor Eileen Cunniffe, MS, Assistant Director for Writing Services in the Office of Academic and Career Succession, which are available on Canvas, on your own time.

Megan Voeller, MA, Director of Humanities, Office of Student Affairs, will evaluate the reflections (Satisfactory/Unsatisfactory). You will be notified of the results of evaluation of your reflection portfolio in April.

## Reflection Prompts

**For each of the four reflections, choose one of the following prompts.** You can respond to each prompt as many times as you wish (with the exception of the Creative Piece prompt). Each reflection must explore a different Asano event that you attended.

Reflection offers the opportunity to think critically about what you have experienced. Before choosing a reflection prompt, take a moment to consider how you feel about the event. Was it a positive or negative experience? What were you thinking and feeling during the event? Did the event cause you to change your mind or consider other perspectives? Did you learn something new or have a new insight? Once you have considered this, choose a prompt and a meaningful event to further engage with your experience.

1. **Who Decides What's Best?:** Using your experience of an Asano event as an example, please discuss the following: Who determines what is best for a person? For a family? For a community? What factors must be weighed to make such life-changing decisions?
2. **Three Words:** Pick three words that describe your experience of an Asano event and describe what inspired the choices. What other parts of your life (personal or professional) relate to the words you chose?
3. **Agree or Disagree:** Some of the concepts presented in Asano events this year may have either confirmed or challenged your own views. Agree or disagree with an event, and support your argument. How do you see this issue affecting your own life, either personally or professionally?
4. **What?/So What?/Now What?:** Follow the What? So What? Now What? Model of reflection. What=Describe the event. So What=Analyze the event and your feelings/reactions to it. Now What=What did you learn and how can you apply your insights from the experience moving forward?
5. **Make a Creative Piece** (\*you can only choose this prompt up to two times\*): Make a creative piece inspired by an event. This prompt asks that you **create a new**

**piece, rather than use an existing work.** May include: drawing, painting, poem, creative essay, short story, photograph, song, video, dance, recipe with picture, advertising brochure, etc. Please include a description (200-250 words) of your inspiration and creative process.

*Asano Humanities & Health Certificate guidelines were created with the assistance of Rhianna Hibbler, SKMC Class of 2022. The What? So What? Now What? model was adapted from Criteria and Assessment Feedback Form for Service Learning Journals developed by St. Louis College of Pharmacy, Tom Zladick, Ph.D. and Jefferson's Health Mentors program.*

## Portfolio FAQ

**Q: Do I need to choose four different reflection prompts for each of my four reflections?**

**A:** Nope! You can respond to whichever prompts you wish, as many times as you wish. I.e. you can respond to one prompt four times. There is one exception: you can only respond to the Make a Creative Piece prompt up to two times.

**Q: I really loved a specific event. Can I reflect on it in four different ways for my four reflections?**

**A:** We are so glad you loved an event this much! Unfortunately, we are looking for your four reflections to be in response to four unique events.

**Q: Can the creative piece be something I already made or photographed?**

**A:** We love that you want to share something you created previously, but the reflections should be inspired by or made in response to an Asano program you attended, therefore your submission should be a new piece. If you turn in a creative piece that you made in the past, we will ask you to resubmit.

**Reflection Examples:** Example reflections written by past certificate recipients can be found on the Jefferson Humanities & Health website: [jefferson.edu/Asano](http://jefferson.edu/Asano). Check them out to better understand what the reviewers consider to be exemplary responses.