

Asano Humanities & Health Certificate Reflection Portfolio Instructions

To earn the Asano Humanities & Health Certificate, you must complete **Part 1** (Event Attendance) and **Part 2** (Reflection Portfolio) on the **Jefferson Humanities & Health Canvas course** (in the Asano Humanities & Health Certificate Portfolio Submissions Module) by the deadline. (Please note: We are no longer using Submittable as of February 28, 2022).

- **For Part 1**, you will indicate which eight events you attended. Please follow the instructions for how to list your events.
- **For Part 2**, you will prepare and submit a reflection portfolio of four (4) reflection prompts in response to four (4) different 2021-2022 Jefferson Humanities & Health events. For each reflection, you will have a choice of five possible prompts (see below).
 - Students earning the Asano Certificate as credit for JMD 153/252 will also need to complete, in addition to the portfolio of four reflections, a reflection assignment required for all humanities selectives. This assignment will be administered using ExamSoft.

Portfolio Submission Format (please read closely)

- Upload all four of your reflections to Canvas in **one combined PDF or Word document** with the following file name: firstname-lastname-asano-reflections (e.g. meredith-grey-asano-reflections).
- This single PDF or Word document should be **de-identified** - do not include your name or campus key in the document (only include your name in the file name). If you are submitting an audio or video piece you can upload it as a separate file.
- In the 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 the reflection a creative title!
- Responses, unless otherwise noted, should be 400-500 words.
- Please double-space and use 12-point font.

A panel of faculty and staff reviewers will evaluate the reflections (Satisfactory/Unsatisfactory). You will be notified of the reviewers' decision in April.

Questions? If you have any questions or concerns about the reflection portfolio, email Matilda Ostow, Humanities Program Coordinator, at matilda.ostow@jefferson.edu.

Reflection Prompts

For each of the 4 events, choose one of the following prompts. You can respond to whichever prompts you wish, as many times as you wish, i.e. you can respond to one prompt four times.

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 rely on one sense more than others? What impact, if any, did the event have on you or others? Once you have considered this, choose the reflection prompt that you feel matches your experience.

1. **Make a Creative Piece:** 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 write a short description (100-150 words) of your inspiration and creative process.
2. **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?
3. **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?
4. **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?
5. **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?

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.

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 attend, and so your submission should be a new piece.

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