

A Framework for Engaging Ignatian Reflection at John Carroll University

Definition: Reflection is the thoughtful reconsideration of some subject matter or experience that strives to understand its deeper meaning, discover its relationship to other areas of knowledge and experience, and appreciate its implications for further study or action.

Framework: This framework for engaging reflection in the Ignatian tradition consists of the following elements: **Prepare, Analyze, and Articulate**. As a framework, it is intended to act as common structural model onto which other elements or descriptors may be adapted as needed.

A. Prepare:

- Identify the experience upon which you will reflect
- Set aside time and “space”
- Be attentive and open to the possibilities inherent in the experience

B. Analyze the experience:

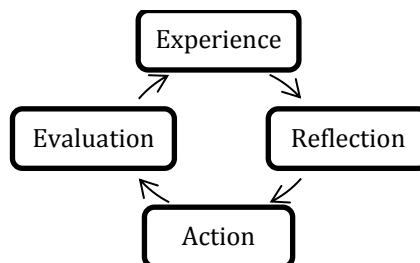
- Look inward
 - Examine points of agreement or disagreement with past knowledge, assumptions, and beliefs;
 - Ask probing questions like: What is happening within me? What changes have I noticed in myself? Who am I becoming?
- Look outward
 - Who or what could help me better understand the experience or discovery of new knowledge?
 - How does this experience/new knowledge change the way I relate to others? To the world?
 - How do I now understand the common good and my responsibility toward it?

C. Articulate the meaning of the experience:

- Explain what you learned and what it means.
- Integrate this experience with your other learning experiences.
- Decide how you will respond to the world. What is the next step for you?

IGNATIAN PEDAGOGICAL PARADIGM

Ignatian reflection done well leads to action.



“Intellectual reflection, which by seeking to respond to concrete situations in people’s lives, goes to the depth of the problems and collaborates in the search for solutions.”

*Father Arturo Sosa, S.J., Superior General of the Society of Jesus
Speech on the Intellectual Apostolate
The University of Antonio Ruiz de Montoya in Lima, Peru on March 23, 2017*