

Reflection Prompt and Rubric
HIS 650: RESEARCH SEMINAR
Professor Janneken Smucker
Spring 2024

Capstone Reflection

10% of total grade

Due December 15 via Slack and link to your General Education Portfolio

In conjunction with submission of your final research paper, you will write a reflective essay in which you connect the skills you flex through your research project with your college career at WCU, with an emphasis on drawing connections among general education courses, courses in your major, and your envisioned next steps after graduation.

Please consider the following prompts:

- Review your transcript and consider how your coursework impacted your capstone project and future career/plans. What classes impacted you the most? What connections have you made across courses?
- How do you identify as a historian (or not)?
- What do you see as the utility of your chosen major (and minors, if applicable)?
- What would you tell your freshman self if you had the opportunity?
- How have you developed as a learner, historian, student, and human over the course of the last several years?
- Articulate what you see as your Statement of Purpose.

Use your own experience as a student at WCU as a primary source to support the claims you make about yourself. Write in first person, structuring your reflection in any way you see fit. In other words, look at these items and practice being a historian: narrate for us (and more important, for yourself) how these primary sources of your life show change-over-time.

Rubric (50 points)

/10 Evidence of reflection on your college career through thoughtful analysis and meta-cognition

/ 10 Use of concrete examples from your life and experiences at WCU to support your claims

/10 Demonstration of change over time/ growth

/10 Writing style and mechanics

/10 Demonstration of creativity & self-representation. In other words, can I tell this is about you?