

Power of Reflection

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 Editing time: 8 min 47 sec  Last edit: 2025-05-11 12:42:46 PM

The Surprising Power of Reflection

Reflection has a lot of benefits. Here we list some:

1. Reflection improves real-world skills

A reflection exercise can give us a chance to examine, discuss, analyze, and adjust how we approach our work.

2. Guided reflection makes a difference

Clear prompts can help students engage in deeper, higher-quality reflection. They can make us think about the process.

3. Preexisting beliefs can block real learning

One big reason we struggle to learn is because we hold on to old beliefs. Reflection creates space for us to question and rethink what we know.

4. Seeing the process leads to new insights

When we explore our process data, we can see how we actually work, not just how we think we work. This opens the door to new habits and better learning strategies.

Final Text Metadata

Metadata about the most recent text in the editor

-  Final text: 796 characters (approximately); 136 words; 18 sentences
-  Typing speed: 102 characters per minute (final text / total time)
-  Process data: Showing 53 changes made at least every 5 sec (of total 515 changes)

Editing Time

Shows the sum of active editing sessions and more

-  Editing time: 8 min 47 sec (rounded to one minute)
-  First edit: 2025-05-11 11:43:16 AM
-  Last edit: 2025-05-11 12:42:46 PM

Editing Sessions and Breaks

Shows editing sessions and breaks taken in a table or a chart

Total Active Sessions: **5**

01.  Editing Session for 38 sec on May 11, 2025 11:43:11 AM
02. No Edit Activity for 38 min 21 sec
03.  Editing Session for 05 sec on May 11, 2025 12:22:10 PM
04. No Edit Activity for 02 min 11 sec
05.  Editing Session for 51 sec on May 11, 2025 12:24:27 PM
06. No Edit Activity for 09 min 35 sec
07.  Editing Session for 04 min 47 sec on May 11, 2025 12:34:54 PM
08. No Edit Activity for 02 min 46 sec
09.  Editing Session for 18 sec on May 11, 2025 12:42:28 PM

NOTE

Date and time are in CST time zone.

Copy-Paste Events

List of copy-paste or cut-paste events detected

Total activities: 4

1. May 11, 2025 12:35:53 PM | Existing characters in the editor: 150 | Pasted characters: 116
Pasted: A reflection exercise gives students a c... ...and adjust how they approach their work.
2. May 11, 2025 12:36:04 PM | Existing characters in the editor: 270 | Pasted characters: 176
Pasted: We provide clear prompts to help student... ... the process easier and more meaningful.
3. May 11, 2025 12:38:30 PM | Existing characters in the editor: 642 | Pasted characters: 179
Pasted: When students explore their process data... ...w habits and better learning strategies.
4. May 11, 2025 12:42:33 PM | Existing characters in the editor: 802 | Pasted characters: 46
Pasted: 3. Preexisting beliefs can block real le... ...existing beliefs can block real learning

NOTE

This paste event list may include within-document paste events too (which is common). The list is approximate and may not be fully accurate. Accepted auto-corrections or auto-completions using tools like Grammarly or Quillbot can result in paste events. Accepted suggestions are also listed as paste events. Also, voice typing can trigger paste events. In Google Docs, Process Feedback does not directly record paste events; it infers them based on the text change and time analysis. By default, any text longer than 24 characters, added at once, is listed as a paste event.

Daily Editing Activity

Days when the document was actively edited

Total Active Days: 1

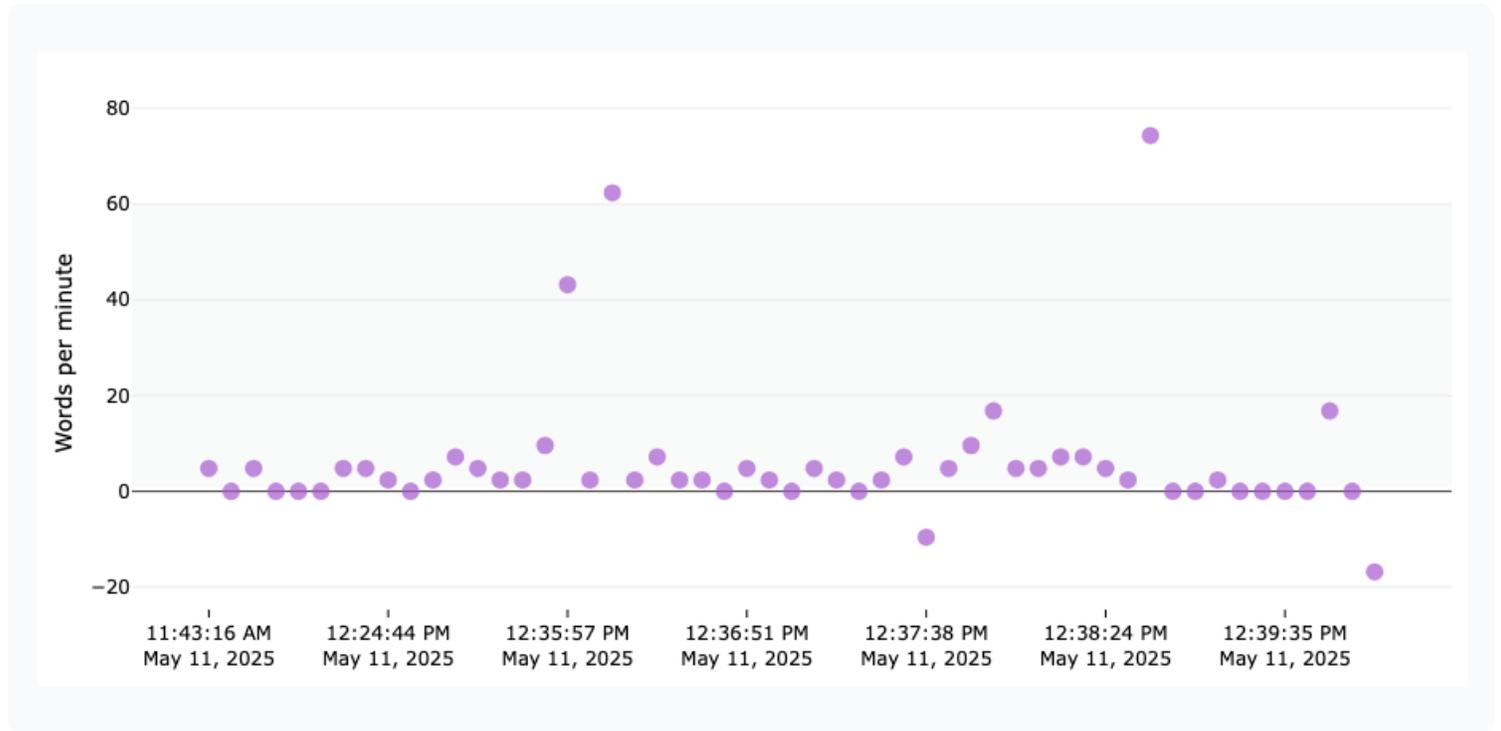
1. 2025-05-11: Editing time: 08 min 47 sec • Edits: 515 • First edit: 11:43:16 AM • Last edit: 12:42:46 PM

NOTE

Date and time are in CST time zone.

Typing Speed Timeline

Shows the typing speed over time



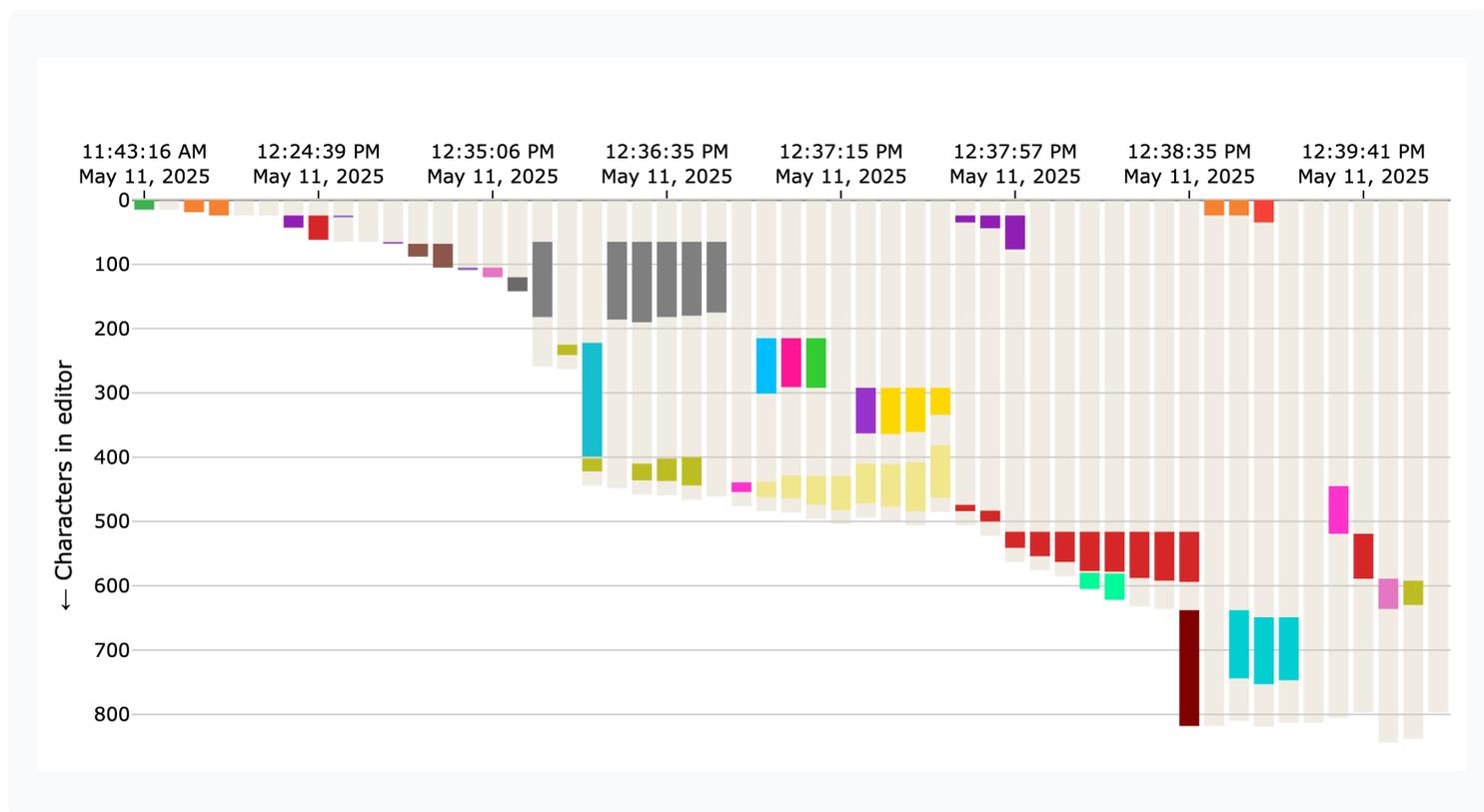
Most Used Words

Shows words and their counts in the final text

we (10), reflection (7), to (6), can (5), the (4), us (3), and (3), how (3), work (3), process (3), of (2), real (2), our (2), think (2), beliefs (2), learning (2), new (2), surprising (1), power (1), has (1), lot (1), benefits (1), here (1), list (1), some (1), improves (1), world (1), skills (1), exercise (1), give (1), chance (1), examine (1), discuss (1), analyze (1), adjust (1), approach (1), guided (1), makes (1), difference (1), clear (1), prompts (1), help (1), students (1), engage (1), in (1), deeper (1), higher (1), quality (1), they (1), make (1), about (1), preexisting (1), block (1), one (1), big (1), reason (1), struggle (1), learn (1), is (1), because (1), hold (1), on (1), old (1), creates (1), space (1), for (1), question (1), rethink (1), what (1), know (1), seeing (1), leads (1), insights (1), when (1), explore (1), data (1), see (1), actually (1), not (1), just (1), this (1), opens (1), door (1), habits (1), better (1), strategies (1)

Edit Time and Location

Shows edit size, time and location on the document



Report generated on: Jan 19, 2026 9:18:50 PM

Platform: Chrome 144.0.0.0, Mac OS 10.15.7

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Every student's work has a story