Microsoft

A QUICK GUIDE TO MICROSOFT REFLECT

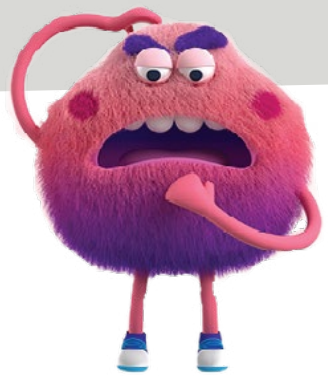
Created by @miss_aird



WHAT IS MICROSOFT REFLECT?

Naming your emotions can help you communicate your needs clearly and get support when you need it! Use emojis and illustrated representations of emotion words to share your personal experience with teachers.

Teachers can also use Reflect to get a sense of your knowledge, confidence, and motivation about certain topics in Class Notebook.



WHY USE REFLECT?



Build self-awareness and empathy

Grow emotional vocabulary





Identify and navigate your emotions

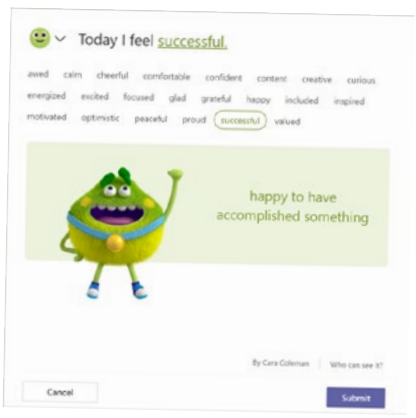
Develop growth mindset and confidence



USE REFLECT IN TEAMS

When a teacher assigns a Reflect check-in, you will see it in your Class channel.

Select the emoji that best fits how you're feeling.



Name your emotion by choosing the emotion word that fits with how you are feeling.

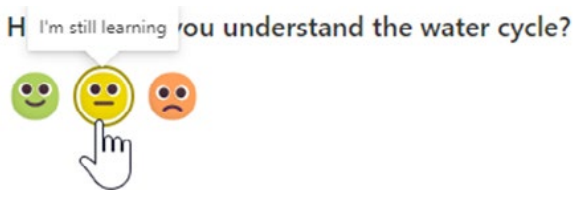
You can select different words to read a brief definition and find the right fit.

WHERE CAN I USE REFLECT?

Access Reflect through the Windows app, Teams, Class Notebook, or your LMS.

REFLECT IN CLASS NOTEBOOK

Self-awareness and self-assessment are critical skills that help people learn and grow. When we are honest with ourselves and our educators about our strengths and weaknesses, we can actively work to improve our skills - and our educators can help us!





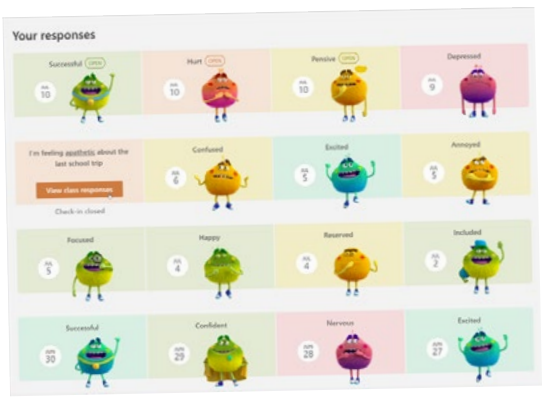
When you see a Reflect check-in in your Class Notebook, select an emoji to answer the question.

Hover over each emoji to see what they mean.

VIEW PREVIOUS RESPONSES

When a public Reflect check-in closes, you can see how your classmates responded.

Select the Reflect tab to see your previous responses and how your peers responded. You will be able to see how many classmates chose each emoji.



From the Your responses view, you can see all of your previous check-in responses.

VISIT THE RESOURCE CENTER FOR QUICK START GUIDES, HOW-TOS, AND EXPERT TIPS.