Pause2Reflect (P2R)

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**Purpose:** To provide students time to think about lecture material or discussion comments. When mastering a new subject or a lot of new information, it can be hard to sort out key ideas, so pausing to reflect allows students to identify key points or make connections to old info.

**Directions:** Say “Pause to Reflect” or “P2R” and stop conversation. The timing on when to P2R is based on when you see students’ eyes glaze over and you can feel them shutting down from overload or when a heated class discussion is winding down. (Sometimes a student will feel the need and say “P2R” to start the exercise.) Then give students 4-5 minutes to write in their notebooks or computers. You could then ask a student to share what he or she has written, but I use this more as a personal experience for the individual student.

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