

Connective conversations: exploring the usefulness of formative reflective writing exercises for enhancing students' learning on a BSc Psychology level 4 module and implications for future practice

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[BSc Psychology level 4 module and implications for future practice](#)

Abstract

This study examines the value of formative reflective writing exercises in supporting first-year BSc Psychology students' learning on a Level 4 module. Drawing on students' written reflections and feedback, the project explores how structured reflective tasks can foster deeper engagement, enhance metacognitive awareness, and strengthen connections between theory and personal learning experiences. The findings highlight the pedagogical potential of reflective writing for developing academic confidence and self-regulated learning and offer implications for future teaching practice and curriculum design.