

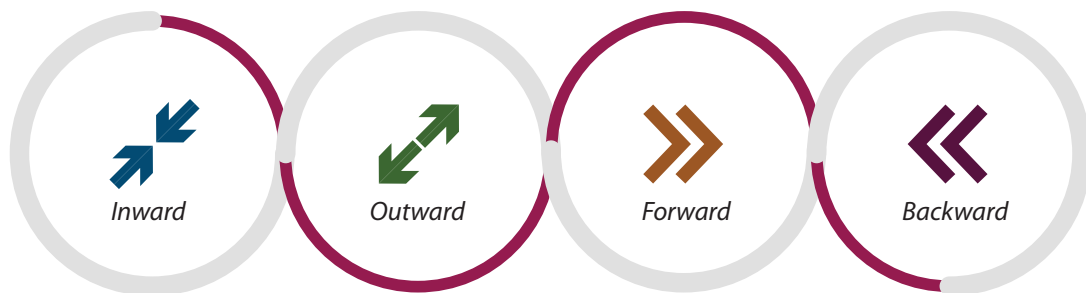
GUIDED REFLECTION

Reflection is a critical aspect of learning. When we decide to step back and mull over what we have learned, and how it makes sense in our context, our learning takes on greater meaning, and we are more likely to remember we learn. We can draw on the Four-Step approach to engage in guided reflection.

Inward reflection is also known introspective reflection. It engages on emotions. Outward reflection involves considering the world around us, and this may lead to new ideas and insights which extend our new perspectives. Backward reflection requires revisiting of past experiences from entirely different perspective, and may result in uncovering of knowledge that may be masked or forgotten. Forward reflection entails deliberating on how things can be done differently or better in the future.

The learning can be powerful.

The Four-Step Approach



- How do I feel about it and why?
- What does this tell me about myself...

- Did I undertake differently from others? If yes, in what ways and why?
- What is one thing I would like to learn from others...

- I would do the following differently if I were to undertake this again...
- How does my learning affect my future decisions?

- Compared to past experiences, what did I do differently?
- Have I become better in what I do?

We do not learn from experience... we learn from reflecting on experience.

John Dewey