

Skill Enhancement Course-Education

B.A Programme Semester-4

Paper: Reflective Learning

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Reflective learning

- Being a reflective learner allows you to step back from what you are learning and develop your critical thinking skills by analysing your experience and improving on your future performance.
- It includes:
 - Returning to Experience
 - Attending to feelings
 - Evaluating Experience

The Process of Reflection



- What happened?
- Description, facts

- What did the experience mean?
- Interpretation
- The feelings involved
- What was learned

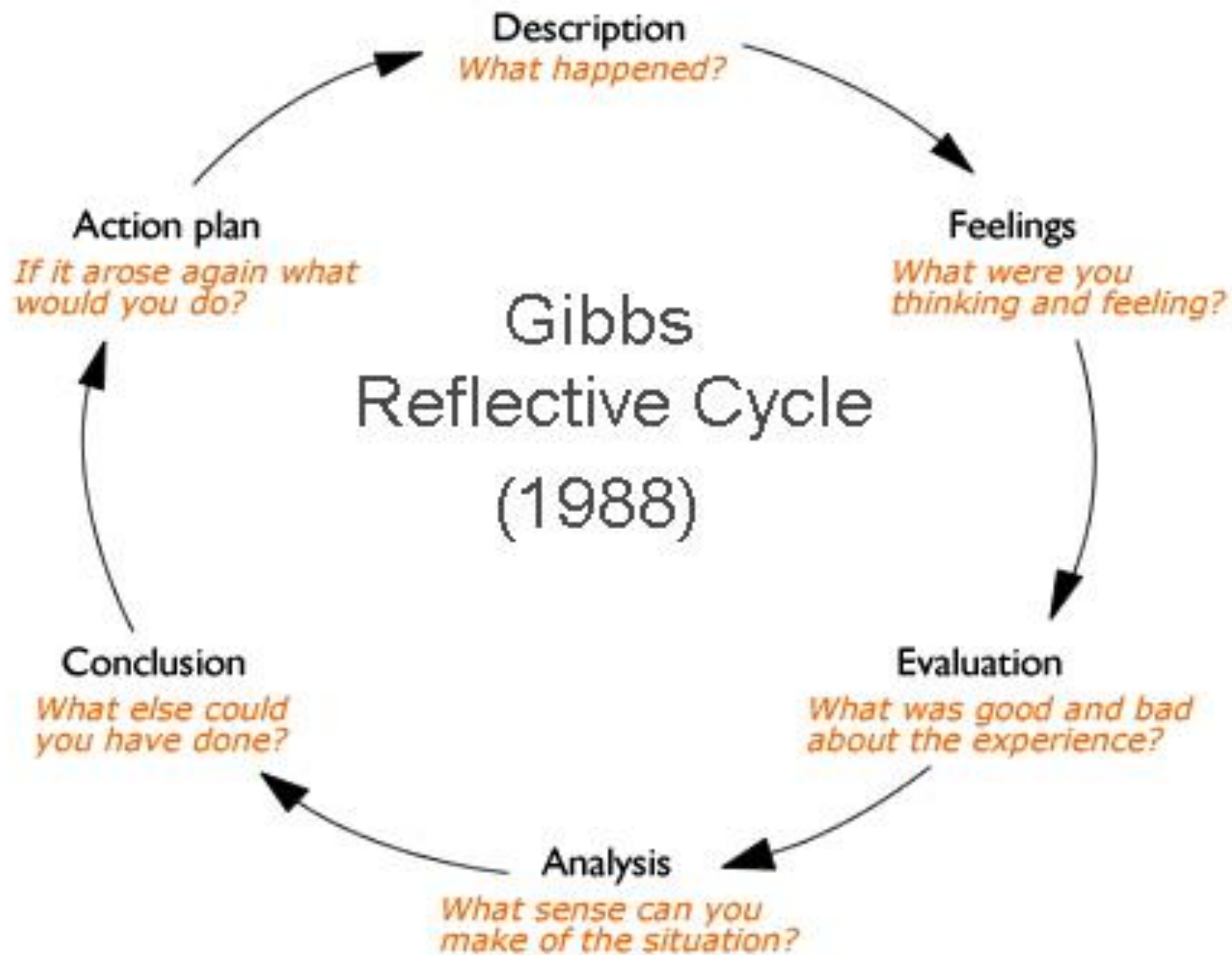
- What are the next steps?
- Seeing the bigger picture
- Applying the lessons learned
- Planning future action

Three Types of Reflection



Reflection

- Content—Reflecting on the content or description of the problem.
- Process—Analyzing the methods or strategies that are being used to solve the problem.
- Premise—Considering why the problem is a problem in the first place.



Benefits of reflecting on your learning

- Examine what you have learned and how you have learned it.
- Demonstrate how your thinking grows and develops over time
- Assist with making connections between what you already know and what you are learning
- Help you learn from mistakes by identifying how you would do things differently next time
- Encourage you to become a reflective practitioner in your future career.



For Next Class (26th April 2021)

Reflection: Processes and Practices

(Write one page on your most amazing experience of life-school, college, love, marriage, friend, help someone, learn something, parents or any other incident)