

Skill Enhancement Course-Education

B.A Programme Semester-4

Paper: Reflective Learning

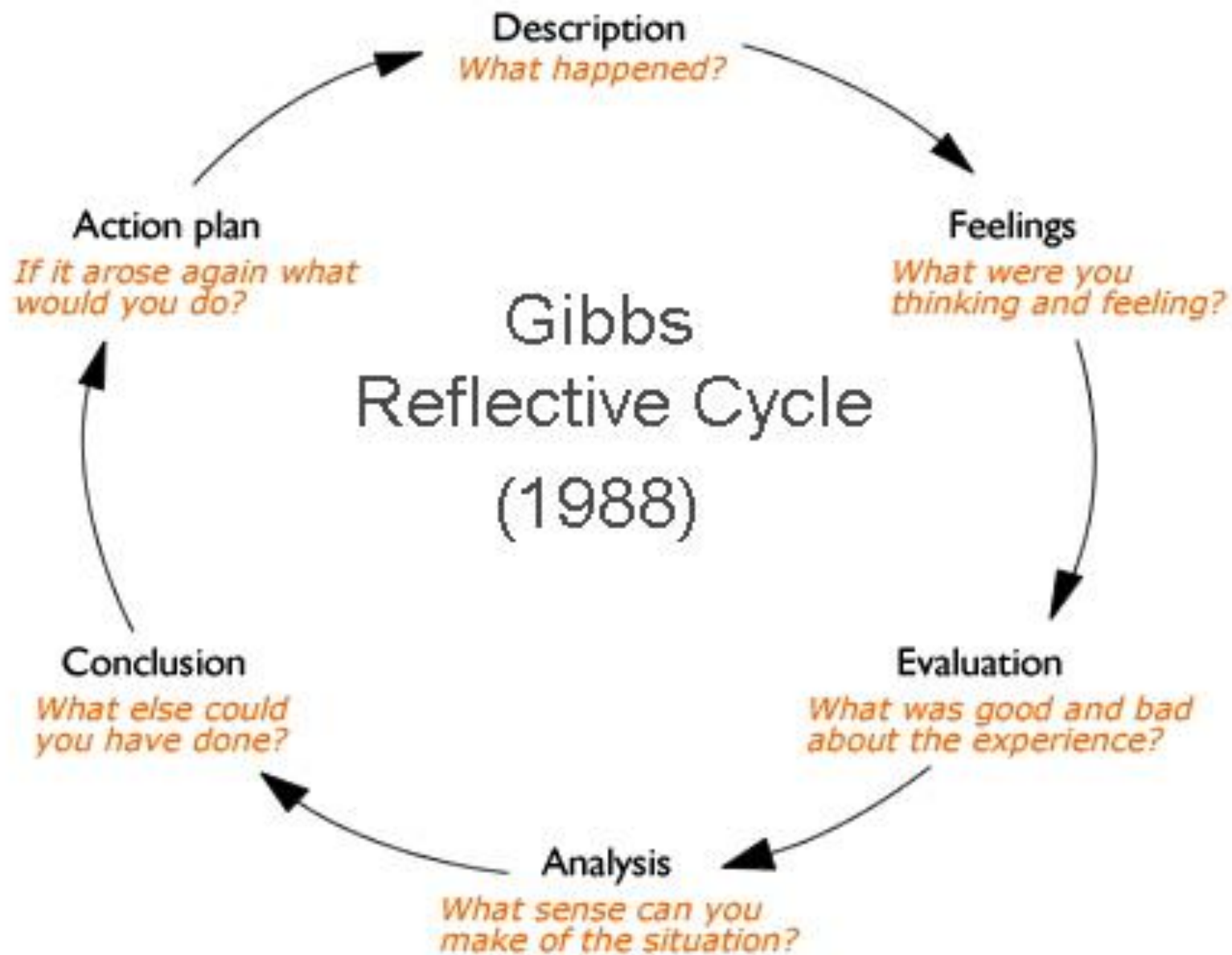
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Let's Revise

- 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
- 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.



Description

- What happened,
- When it occurred,
- Who was there,
- What did they do,
- What was the outcome.
- It's important to remember to keep the information provided relevant and to-the-point. Don't waffle on about details that aren't required –if you do this, you're just using up valuable words that you'll get minimal marks for.

Feelings

Discuss your feelings and thoughts about the experience. Consider questions such as:

- How did you feel at the time?
 - What did you think at the time?
- What impact did your emotions, beliefs and values have?
- What do you think other people were feeling?
 - What did you think about the incident afterwards?

You can discuss your emotions honestly but remember that this is an academic piece of writing, so avoid 'chatty' text and 'dear diary'.

Evaluation

How did things go? Focus on the positive and negative even if it was primarily one or the other.

- What was good and what was bad about the experience?
 - What went well? What didn't?
- Were your contributions positive or negative.
- If you are writing about a difficult incident, did you feel that the situation was resolved afterwards?

Analysis

This is where you make sense of what happened, using the theory and wider context to develop understanding.

- Why did things go well? Badly?
- How can the theory explain what happened?
- How does my experience compare to the literature?
 - What research/theories/models can help me make sense of this?
- Could I have responded in a different way?
- What might have helped or improved things?

This section is very important, particularly for higher level writing. Many students receive poor marks for reflective assignments for not bringing the theory and experience together.

Conclusion

Gibbs actually proposed two conclusions: a general one, which could be transferable and a specific one, focused your personal situation. These are now normally merged but the idea may help focus your conclusion.

- What have you learnt? Generally, and specifically
- What can I now do better?
- Could/should you have done anything differently?
- What skills would I need to handle this better?

Action plan

Action plans sum up anything you need to know and do to improve for next time.

- How /where can I use my new knowledge and experience?
- How will I adapt my actions or improve my skills?
- If the same thing happened again, what would I do differently?



For Next Class (28th April 2021)

Kolb's Model of reflection