

Reflective learning

1. How do you make a decision on what you reflect on?
2. How did you feel the first time you reflected?
3. Was it easy or was it quite difficult?
4. Are you pushing your own comfort zone?
5. Have you changed your own method of reflecting from when you first started?
6. What difference have you seen since completing the reflection diary?

In groups of 3 you have 20 minutes

- Reflective learning emphasizes the self as the source of learning and it is inherently an individual process.



The process of reflective learning

1. A sense of discomfort
2. Identification and clarification of the concern
3. Openness to new information from internal and external sources, with ability to observe and take in from a variety of perspective
4. Resolution expressed as integration, coming together, acceptance of self-reality and creative synthesis
5. Establishing continuity of self with past, present, future
6. Deciding whether to act on the outcome of the reflective process

Johari Window

SELF AWARENESS

