Reflection

Reflection is key to turning experience into sustainable knowledge. As a part of the practice of self-learning and development, will you now engage in ten minutes of reflection on the workshop? Please take time to write your answers to the questions below. Note too the date and whether you are writing in class or after class.

1. Activities — what was done in class (individual/pairs/group work etc.)?
2. Content — what were the key concepts and issues?
3. Critical reflection — were things clear to you? did you agree/disagree with content? is there content that might be relevant but was not discussed? List.
4. Reflecting on action: Did anything you did/learn today help you understand past behaviour, yours or others’? Examples?
5. Reflecting for action: Did anything you learn today affect how you would behave in the future? Examples?
6. Further Reflections: Any insights on the action/thoughts you had in class today? Examples?