

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?