



3 STEPS TO SELF-REFLECTION

Use this framework to help you practice self-reflection and to reflect on different learning experiences as well as course content.

1



WHAT?

Start by understanding the experience/situation/event that you want to reflect on by describing it.

What did you do or notice? How did things go? What did you learn? Or, is there something you want to examine or explore about yourself and as a learner more deeply?

2

SO WHAT?

Next, think about the significance and implications of the experience/situation/event you've just described, or what you've examined about yourself.

What connections do you see to your learning or course content, and why? What is meaningful about this experience and why? What does this tell you about yourself as a learner?



3



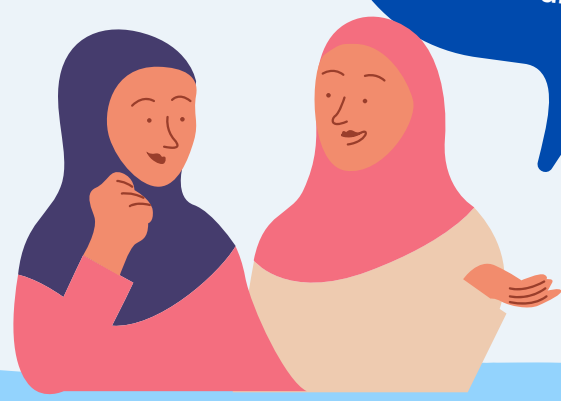
NOW WHAT?

Finally, using your new insights, what next steps will you take going forward? What will you do differently or what will you try again? Should something change or be repeated? What new ideas will you explore or what different approach will you try when it comes to your learning?



Reflection does not have to involve a big event or moment.

This week, try to reflect on how your classes went during your commute or walk home. How did things go? What insights did you gain about yourself and this experience?



Reflection gives you opportunities to create meaning, which becomes learning and can inform future actions (Porter, 2017).

Sources:

Porter, Jennifer. "Why You Should Make Time for Self-Reflection (Even If You Hate Doing It)" Harvard Business Review. 2017. <https://hbr.org/2017/03/why-you-should-make-time-for-self-reflection-even-if-you-hate-doing-it>



<https://www.yorku.ca/health/project/pat/>

