Reflection

Speed Reflecting

Set up tables of two. Each pair should talk about their decisions with each other. At a given signal, one person should move to the next table.

Not all pairings work, so just move on.

Reflecting in Pairs

|  |  |
| --- | --- |
| Reviewing In Pairs | |
| One person in the pair takes on one of these roles: | |
| Listener | Allows reflector to think aloud |
| Sounding Board | Listens and responds to reflector questions |
| Friend/Mentor | Empathizes, supports, and advises |
| Coach | Agrees with objectives, provides feedback, and asks reflective questions |
| Interviewer | Asks questions, remains neutral |
| Child | Keeps asking why? |
| Devil's Advocate | Helpfully tests and challenges what the reflector says |

Out and Back

Pairs walk out to an agreed point, swap roles and walk back in their new roles.

Self-Reflection

Problem-Solving Process

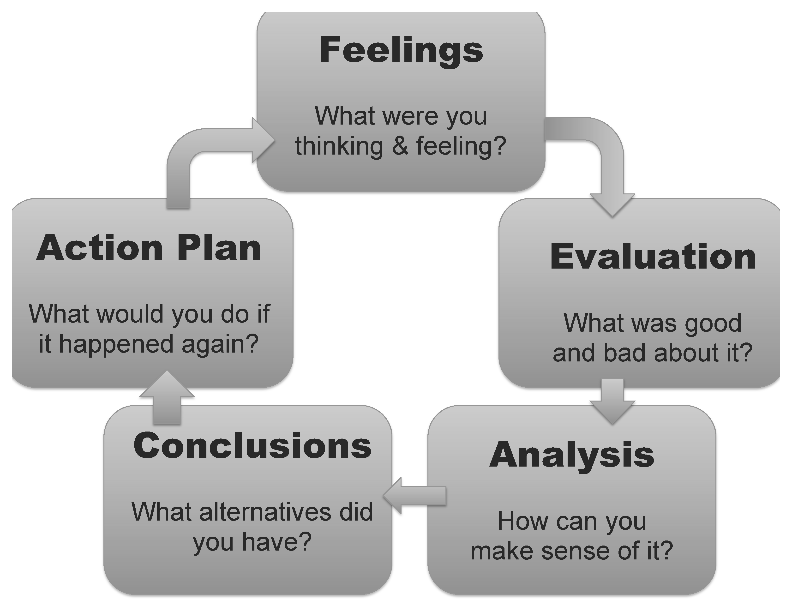
Remember you can use the problem-solving process:

* Identify the problem
* Generate likely solutions
* Evaluate the solutions
* Design an action plan
* Implement the plan
* Evaluate the results

Borton’s Model

* What?
* So What?
* Now What?

Gibbs Cycle of Reflective Thought



Cowan’s Reflection Model

