

Reflection

Reflective Journaling

Speed Reflecting

Set up tables of two. People talk about their decisions with the person sitting opposite.

At a given signal, everyone moves 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 objectives, provides feedback, and asks questions that assist reflection
Interviewer	asks questions
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.
Mentoring is about asking pertinent questions, dialoguing about and searching for the answers.

Self-Reflection

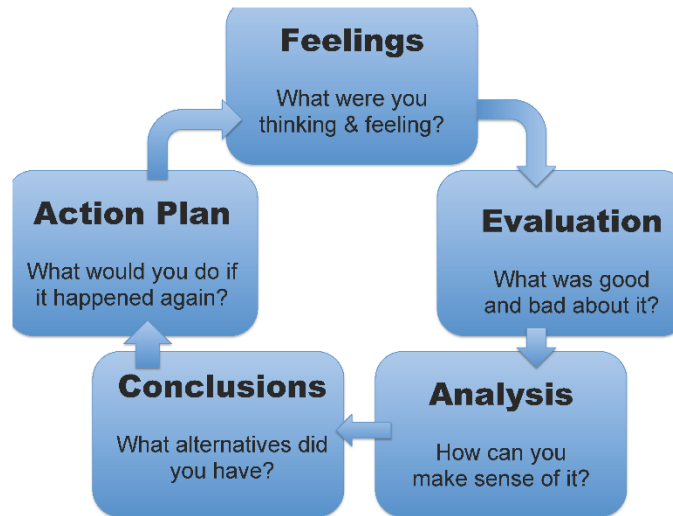
Remember you can use the Problem Solving Process:

- ID 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



"Man need only divert his attention from searching for the solution to external questions and pose the one, true inner question of how he should lead his life, and all the external questions will be resolved in the best possible way." - Leo Tolstoy