

Tools for Self-Reflection

The role of self-reflection in experiential learning.

1. Praxis = experience & reflection in on-going cycles
2. Experience vs Learning
3. Knowing => Doing => Being

Structures

1. Index Cards
2. Online discussion
3. Journals
4. Think – Pair – Share
5. Drawing
6. Poetry
7. Letters to Self/Others

Possible Questions

1. What are you learning or re-learning?
2. Who are you becoming?
3. What is important about this to you?
4. What's the connection to the course material? Other courses?
5. What advice would you have for next semester's students?
6. What is important about this experience that you would like to remember years from now?