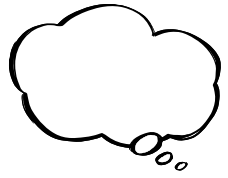




Time to reflect...



What does reflection mean to you?

Reflecting regularly can help you to make progress on your learning journey by breaking a task down. Add your thoughts to the boxes below.

1

Remembering

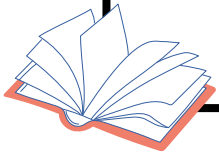
What did I do to prepare for this task?

What did I do during the task?

2

Understanding

What is important about what I learned today?



3

Applying

Where can I use what I've learned today?



Time to reflect...



4

Analysing

Do I see any patterns in what I did?



5

Evaluating

How well did I do?

What have I learned about my strengths and areas where I can improve?

6

Creating

What should I do next?

What steps can I take to overcome the challenges I've identified in this task?

