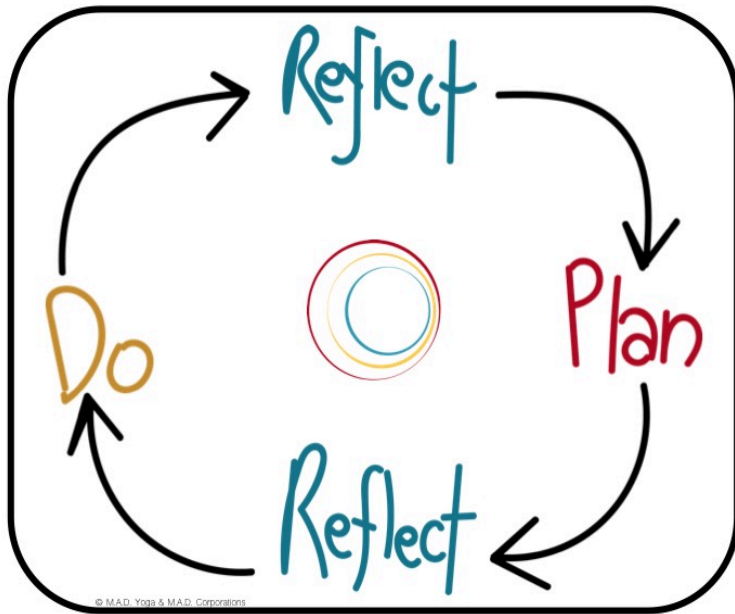




Plan
DO
Reflect

*When structuring ANY activity make sure you use this process.

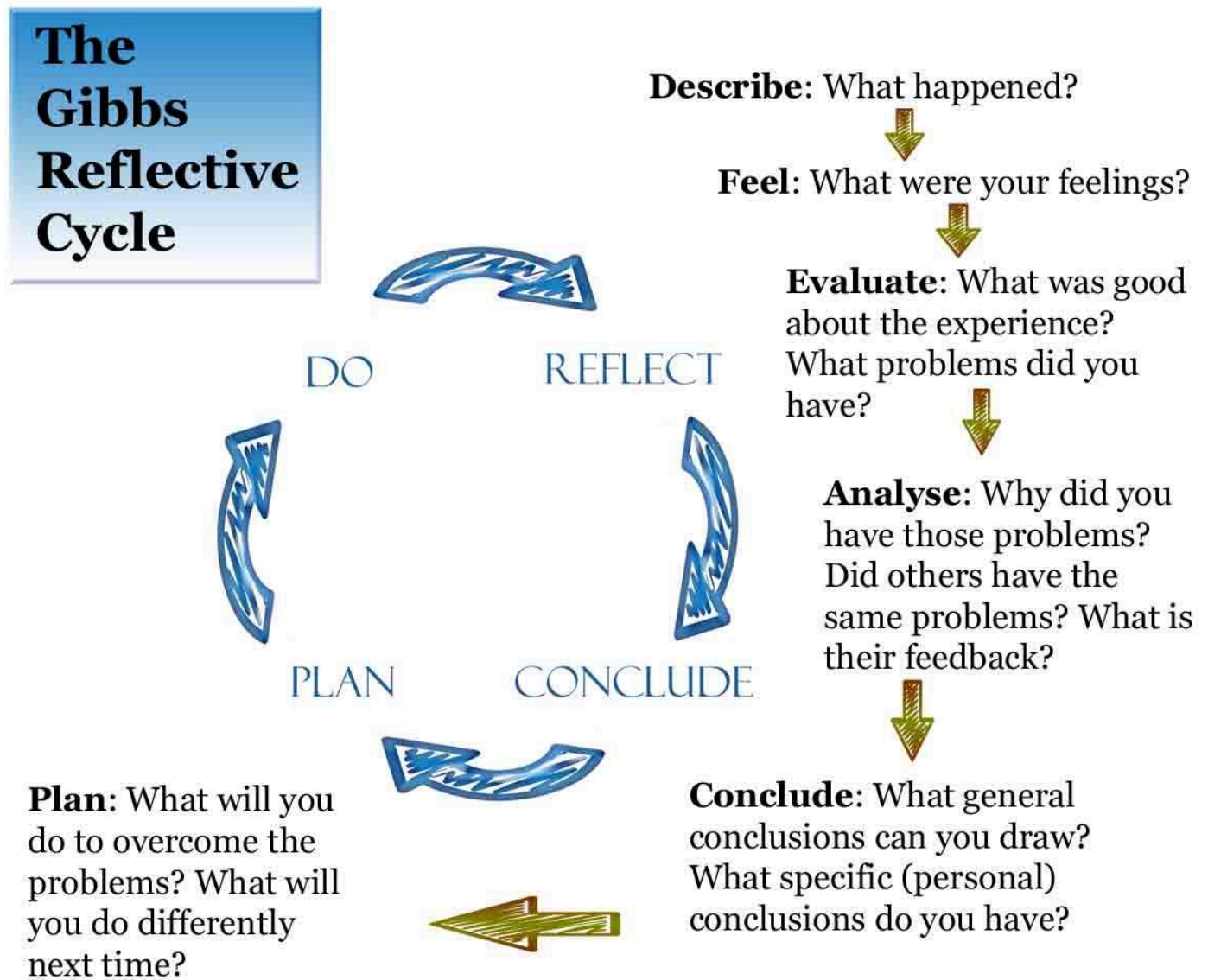
The Kolb learning cycle

One of the most important ideas behind the learning cycle is that learning does not happen simply by *doing*. Most learning happens afterwards, as a result of *reflecting* on the experience, *concluding*, and *planning* what to do next. Learning does not end when an activity is finished, but continues afterwards in a continual loop. One of the most widely known learning cycles is the Kolb learning cycle, shown to the right. Although this is well known, it is not always the easiest one for students to use. Later, you will see a version of this cycle which will help you reflect more easily.

What is reflection?

'Reflection' here is similar to the literal (real) meaning of the word. It is like looking in a mirror, except instead of trying to see your face, you are trying to see your experience, in order to make sense of it and to identify what to do in the future. This does not have to be something you do on your own. If you look at

your face in the mirror and see a mark or a scratch, you might ask someone, 'Can you see that on my face? What is it?' They can see it more clearly than you, and can give you better feedback. **How to reflect**



In short, to reflect on your learning, you need to:

- **Describe** what happened
- Explain how you **feel**
- **Evaluate** the positives and negatives
- **Analyse** the reasons
- **Conclude** what you learnt from the experience
- **Plan** how to improve

Below is a table with some questions to consider for reflection.

Questions to help you reflect
Describe: What happened? Feel: What were your feelings? Evaluate: What was good about the experience? What problems did you have? Analyse: Why did you have those problems? Did others have the same problems? What is their feedback? Conclude: What general conclusions can you draw? What specific (personal) conclusions do you have? Plan: What will you do to overcome the problems? What will you do differently next time?

Ways to Reflect

1. Introduce reflection sentence frames

Help students get started by providing sentence starters like “I was surprised when...” or “I’m still wondering about....” I really like when....”

2. Sketch reflections

Try getting your students to sketch a picture that represents what they've learned from a project. Remember it's not about the quality of the art – it's about how drawing prompts students to look at their learning from a different perspective.

3. Teach a peer, a younger classmate or a parent

It's often said that the best way to learn something is to teach it to someone else – it's also a natural way to reflect. Plus encouraging students to teach each other is just another way to create a student-centered collaborative classroom.
