DPMI Metacognition Reflection Guide

Monitoring your own learning

Ask Yourself…

- *What did I get out of this week?*
- *What am I learning from this?*
- *Do I have questions?*
- *Do I understand it well enough to apply it?*

Leveraging what you know

Ask yourself…

- *What do I know from "anywhere" that can help me with challenges faced this week?*

Using both brain hemispheres

Ask yourself…

- *Can I use images and words to unpack this week?*
- *Can I uncover patterns, links and relationships visually?*

Reflective practice

Ask yourself…

- *How does the focus of he week compare to what I currently do?*
- *What do I want to change about what I currently do?*
- *What further work do I need to do?*

Reflective practice (more questions)

- *How did I interact with the people in my group?*
- *How can I best leverage the group's "collective "intelligence"?*

Consciously making connections

Ask yourself…

- *How can I apply tools from this week?*
- *Where can I apply it?*

Leveraging the knowledge of others

Ask yourself…

- *What do my colleagues know about this?*
- *What insights do they have that can enrich my understanding?*