

**Learning Tip:**

# **The Importance of Self-Reflection**

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# The Importance of Self-Reflection

- ▶ Feedback is essential to learning and growth — it helps us identify our current strengths and weaknesses, and decide what to keep doing or change.
- ▶ While external feedback is valuable, we need to develop the habit of self-reflection, which provides fast, honest, and actionable feedback to ourselves.

# The Importance of Self-Reflection

A simple framework for self-reflection:

- 1. Description:** What just happened?
- 2. Evaluation:** What went well and what went poorly? How do you feel about it?
- 3. Analysis:** Can you dig deeper into the reasons behind the positive and negative outcomes?
- 4. Conclusion & Action Plan:** Identify the key lesson learnt and one concrete step you will take next time.

Do it consistently — small, regular reflections (e.g., 10 minutes every day) can compound into real improvement!