

Benefits of Reflection

Learning through Reflection:

When I took the Challenge Course Experience ALI course last term, reflection was used as part of our learning. As a class, we would get together after completing, or possible when taking a break from, an activity, and then take about our shared experience. We discussed what went well and what didn't do so well, along with how does the activity relate further to either our lives, interpersonally, and possible even personally.

Our reflections never really affected us negatively in the personal or group learning sense. Usually and at the best, our reflections benefitted us at the end, and sometimes we would learn and get something out of it. Throughout the term, we grew closer and stronger as a group, as a class. With every week that went by, our performance together improved. We still did struggle at times, especially if the task at hand become more difficult, but it only made us enhance our patience and other intrapersonal skills individually most importantly.

Reflecting over our actions and what has been done in an activity as a group, help shape our learning in the class. It provide a more stable framework with attaining the knowledge and experiences that we took from the course.

Transference of Learning:

A learning experience I had where the instructor made effort to facilitate a transference of learning, was when I took a couple of weeks in learning efficient skills when it comes to climbing in the outdoors. The instructions for that learning experience, applied possible situations, along with any personal experiences that they might have also to share in order to aid our learning, with helping us to learning and further understand the concepts and skills that we were being taught throughout the entire of our time.

Along with being explained the skill, technique, or knowledge that was being focused on at the time, we practiced that idea physically when we were able to. Practice helped us retain the information better by having that muscle memory help us and guide us in understand the importance of the task at hand.

The instructors were also always present to answer any questions or concerns that we might have with what we were practicing. Their guidance helped greatly. Personally, I learned the best when I watch someone first shows me what has or should be done. Simply just telling me what to do, is difficult for me to fully retain the information. So asking question, and possibly having the instructors show me what to do a second or even multiple times, had a positive effect in learning the skills important towards climbing in general.

Reflection Form #1:

I always thought a creative form of reflection that I have experienced, was when everybody share out loud one word about what they got out of the activity they went through together. The effect that form of reflection has is that everybody is able to think of a word, and for some, including myself, it is less stressful to share a single word to a group of people, rather than a whole reasoning. Sometimes trying to put out your opinion to a group of people, would make me personally, anxious, but when sharing just one word, it is not so bad. So overall, everybody is willing and able to say something, and it is usually in regards to their honest, personally opinion of the activity they been through. And I believe that is a positive effect when developing as an individually generally too.

Reflection Form #2:

Another creative form of reflection would be after completing an activity, in a classroom setting for example, everybody would write a sentence or two of what they thought about their experience, or anything else that they can be instructed to write on their piece of paper as a part of their reflection of the activity that has been done, and add it to a common bowl or container of some sort, and they

redistribute the filled out pieces of paper back to everybody by having everyone pick out a piece of paper from the container randomly, and then sharing it by reading what is on the paper out loud to the group once everybody has a piece of paper again. If a person picks out their own, in the long run, it would be okay. Because overall, all of the notes would be pretty much anonymous, and everyone can be given the feeling in being honestly with their reflections being shared to the group. And hopefully not being felt judged by anyone if that appears to be concern to some.

Reflection Form #3:

An unusual form of reflection can be with a close group of friends honestly, learning and helping other with issues or difficult situations that they may be going through, having them reflect on the matter at hand. Rather than the usual environment where everybody sits down and listens to the issue, everyone can together and play a pretty much mindless game, like Jenga, where everyone takes turns and pulls block out of a single standing structure, and every time someone completes their turn, that person can have priority to put their opinion in of the main issue being talked about, and anybody else can contribute, or keep the game going by proceeding with the turns and then sharing what they have to say and contribute. Such a form of reflection can make talking about a difficult situation not so stressful to talk about, and everyone can hopefully be comfortable with saying their own opinions or suggestions in order to help a friend in need.