# Tutorials: active learning and reflection

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| Student focused learning outcomes:  By the end of the session, you will be better able to:   * understand the procedure and purpose of reflection * reflect on the role of feedback * understand how to write your reflections in Cadmus |

# Reflection

During the course, you are going to reflect on the work you have done. Before you complete any reflections, there are two sessions in the Welcome Days that are important to complete or review: ‘**Being an active learner’** and ‘**Being a reflective learner’**.

In ‘**Being a reflective learner’** you see ‘The Reflective Cycle’ (Gibbs, 1988), which explains what reflecting can involve. You may find it helpful to refer to this cycle in your reflections on this course. **‘Being a reflective learner’** also asks you to consider the role of feedback. You will be receiving feedback not only from your tutor, but also your peers during the course. Therefore, you are encouraged to reflect on your experiences of this in your reflections.

## Task 1a

In ‘**Being a reflective learner’**, you are asked to answer the following questions to reflect on your own relationship to feedback. Read the questions below and make notes on your responses. If you have already completed some notes on the questions during the Welcome Days, you can refer to those. Discuss your responses with a partner.

### Reflection questions on feedback

1. Do you pay attention to the feedback you receive, or do you just look at your grade?
2. How does feedback help you prepare for your next assignment?
3. Why do you think it is important to give and receive feedback from peers as well as from tutors?

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| **Reflections:** |

## Task 1b

‘**Being a reflective learner’** also discusses practical ways to reflect, and the benefits of reflection. Read the questions below and make notes on your responses. Discuss your responses with a partner.

### General reflection questions

1. What is your previous experience of reflections e.g. writing in a journal?
2. What are the benefits of being a reflective learner?

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| **Reflections:** |

## Task 2

Writing your reflections

You will submit your reflections in Cadmus. To access your ‘Reflections’ in Cadmus, you need to do the following:

* Go to Blackboard and click ‘Home page’
* Click the purple box ‘Assessments, Portfolio & Reflections’
* Click the ‘Reflections’ box to access ‘My Reflections’ (Cadmus)
* You will see the link ‘Go to Cadmus’

Practice

To familiarise yourself with writing your reflections in Cadmus, you are going to practise that now. To reflect on the questions you discussed earlier, follow the instructions above to access the reflections area of Cadmus. When you have located the ‘Reflections (Cadmus)’ page, read the information provided on ‘Purpose’ and ‘How to write your reflective journal’ – these give you an overview of reflections.

To complete the practice task, scroll down to ‘Resources’ and follow the instructions underneath the ‘**Week 1 Practice Reflection’** template.

My Reflections

Towards the end of most weeks on the pre-sessional course, you will have an individual or group tutorial, before which you will need to complete your reflection in Cadmus. You will then refer to the reflection during your tutorial.