Lesson 6: Reflecting on Your Work

As an interior designer, reflection is a crucial part of professional growth and creative evolution. Taking the time to assess your work enables you to refine your skills, adapt to feedback, and push creative boundaries. Whether you're a student or an experienced designer, reflection should be a continuous process that helps you develop a deeper understanding of your design choices, methodologies, and outcomes. In this article, we explore key aspects of self-reflection in interior design, including questioning assumptions, making changes in response to feedback, the role of reflection for creative practitioners, and the importance of reflective practice for lifelong learning.



Fig 1.Pixabay (nd), Designer working on a project

# Questioning Assumptions

Every interior designer carries a set of assumptions based on personal experience, education, and past projects. These assumptions influence design decisions, but they should not go unchallenged. To grow as a designer, it is essential to critically examine these assumptions and ask questions such as:

Why did I choose this colour scheme or layout? Did I consider all possible alternatives?

How does my design serve the client’s needs and aesthetic preferences?

Are there cultural, environmental, or practical considerations I may have overlooked?

By consistently questioning these elements, you open yourself to new perspectives, challenge creative biases, and discover innovative solutions that may have been previously dismissed.

# Making Changes in Response to Feedback

Feedback is a powerful tool in the design process. Whether it comes from clients, colleagues, mentors, or even self-evaluation, constructive feedback provides insights that can lead to meaningful improvements. Accepting and acting upon feedback requires the willingness to refine your work.

When receiving feedback:

Listen attentively and seek clarification where needed. Consider how the feedback aligns with your design vision. Experiment with suggested changes to assess their impact. Learn from both positive and critical responses.

Incorporating feedback not only strengthens your design outcomes but also enhances your ability to communicate and collaborate effectively in professional settings.

# The Role of Reflection for Creative Practitioners

For creative professionals, reflection is a cornerstone of artistic and functional development. It allows designers to track their evolution, understand patterns in their work, and build a more intentional approach to design. Reflecting on past projects can reveal strengths, highlight areas for improvement, and inspire fresh approaches for future work.

Creative reflection also fosters problem-solving skills. When faced with design challenges, reflecting on previous experiences can help identify strategies that worked well and those that need adjustment. Furthermore, the ability to articulate your design process through reflection enhances your credibility as a professional, demonstrating thoughtfulness and intentionality in your work.



Fig 2. Getty images (nd) Designer reflecting on a creative proposal.

Reflective Practice and Lifelong Learning

Interior design is a dynamic field that evolves with technological advancements, design trends, and client expectations. Engaging in reflective practice ensures that you remain adaptable and continuously learn from your experiences.

Reflective practice includes:

Keeping a design journal to document ideas, inspirations, and lessons learned. Seeking mentorship and engaging in peer discussions about design choices.

Reviewing completed projects to analyse successes and areas for growth.

Participating in ongoing education, workshops, and industry events to stay informed about new techniques and trends.

Lifelong learning through reflection ensures that you do not stagnate in your design approach but instead continue to grow as a professional. By fostering a habit of self-assessment and openness to new knowledge, you position yourself for sustained success and innovation in the interior design industry.

Reflection is an invaluable practice for interior designers at all stages of their careers. By questioning assumptions, embracing feedback, understanding the significance of reflection in creative work, and committing to lifelong learning, you can enhance both your technical and artistic abilities. Developing a reflective mindset will not only refine your designs but also establish you as a thoughtful and adaptable professional in the field of interior design.