

# Tutorial – Critical Reflection

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It is important that we take time to critically reflect on our work from time to time. This allows us to both recognise and appreciate where we're doing well, and also identify areas where we can focus improvement next time around.

Benefits of learning self reflection

- Think more deeply about issues -> greater insight.
- Engage the rational decision making processes to become a more effective learner.
- Challenge to be honest about what you say and do -> good for teamwork/confidence/reliability
- To actively learn from the past and avoid the same mistakes.
- Safeguard against impulsive decisions. Two sides to brain, emotive and rational, it feels good when emotion decides, but it could easily get it wrong.
- Challenge your assumptions!!!! Important to grow as a thinker, learner, teammate member of society. Hard to admit you weren't good at something. Get good at that!

For this session we will reflect on our work both as individuals and as teams.

Basic reflection follows three steps.

What did I do well?

What did I do not so well?

How could I improve?

*Reflection involves the following three steps*

- **What?** What happened, describe facts.
- **So What?** What did the experience mean, Interpretation , feelings, What was learned
- **Now What?** What steps do you take to improve? What skills do you need?

## Self reflection

List three things you personally did well this project:

1. I mediated and coordinated the team well.
2. I managed my time well.
3. I accepted the criticism of my teammates.

Suggest three ways to improve for your next project:

1. I could contribute more to group conversations.
2. I could focus more on classwork while in class.
3. I could get more feedback on my ideas.

## Group reflection

*Discuss this as a group before filling this section in! Think about things like , how did everyone work as a group? Communication issues? Differences of opinion? Differences of ability? Allocating tasks? Working to a schedule?*

List three things that your group did well in this project:

1. Everyone pulled their own weight and cared about the work
2. Everyone helped each other out
3. Everyone got along well and made it fun

Suggest three ways that your group could improve for your next project:

1. Better communication/planning
2. Turning up for planned meetings / actually organising meetings better
3. Getting things done earlier instead of rushing the day before it's due