

Tutorial – Critical Reflection

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. Searching for information and getting clarification. Asking questions for additional guidance and understanding what it is I've been tasked to do.
2. Taking initiative to organize group meetings and meetups, along with organizing and making sure everyone gets their tasks in at a good time.
3. Explaining my plans and goals related to the project to other group members and in a clear and concise manner.

Suggest three ways to improve for your next project:

1. Aiming to get things done in a more economical fashion, rather than leaving it to last minute. Self pacing.
2. Organizing time schedules for the group better, as I wasn't good at giving great deadlines and exact timings, more than just loose guides.
3. Prioritizing imagery over just text in slides and general documentation. Use more graphs.

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