

## 8 Reflection and Retrieval

### Reflection

Reflecting on what you recently learned is a proven strategy for cementing new knowledge into memory.

Spend a few minutes thinking about the following prompts and write down your responses:

- What went well?
- What could have gone better?
- Where were my roadblocks?
- How did I move through roadblocks or setbacks?
- What strategies might I use next time to get better results?
- What do I need to strengthen my understanding in?
- How might I go about this?