

What is **reflection** & how to

Reflection is about considering things **deeply** and **deliberately**. Doing this fundamentally requires you to **distinguish** and **connect**. You need to be able to see and understand whatever idea, experience or argument you are reflecting on, as something clear and distinct from other ideas, experiences or arguments. But you also need to see how what you are reflecting on is connected to other things.

You need to be able to see, describe, analyse and evaluate ...

Typically we reflect by asking ourselves questions.

Questions that help us describe, such as:
Who, What, Where, When questions

Questions that help us analyse, such as:
How, Why questions

Questions that help us evaluate, such as:
Why questions



You know you are learning from reflection when you begin to spot patterns and dynamics.

This indicates that you have moved beyond simply seeing and describing things. You are no longer just absorbing, you are now constructing knowledge.