

## What is reflection?

Learning through reflection is a skill that involves thinking about our own experiences from the past, thinking about our feelings about those experiences and drawing out some of the lessons that we have learned from those experiences.

Reflection can be done in a number of ways - for example, it might be an activity that you do thinking by yourself. Or it might occur in a more social setting - for example as part of a group learning situation where you talk about and reflect on your experiences and share these thoughts with other people.

Reflection helps us to think about ourselves, about our past and about how we feel about things now. It helps us to organise our beliefs and attitudes and might alter the way that we see or think about things.

Reflection is something that we often do as part of our day-to-day activities - in other words, we often reflect as we are doing things and sometimes change the way that we do things according to that reflection. At other times, reflection done long after an event or activity has been completed. In both cases, reflection can help us learn from ourselves and our experiences.

## How do we reflect?

One way to reflect is to simply think about things from the start of an event to the completion of that event. Another way to reflect is to ask ourselves questions about things - for example, to think about a work, community or social role that we play or have played in the past.

We might ask:

- what did I do in that role?
- what were my main responsibilities and tasks?
- how easy or difficult did I find that role?
- what were some of the challenges I faced playing that role?
- what have I learned from playing that role?

Questions like these force us to think about our experiences and tease out some of the ideas we have about ourselves and what we have done. This may help us to understand the kind of person we have become and may help us decide what type of person we want to become in the future.