

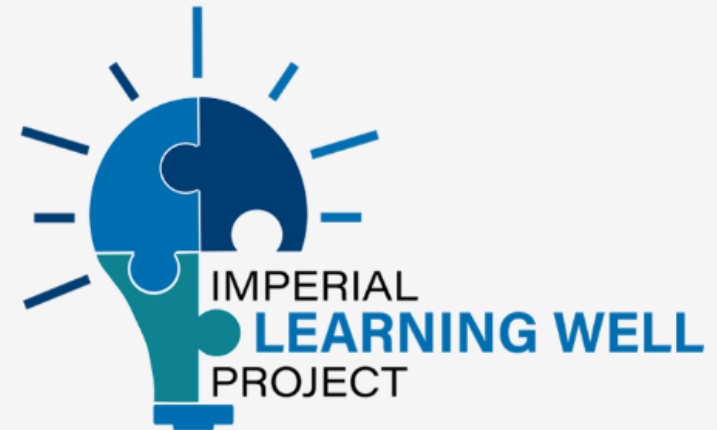
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How can reflection make you a stronger learner?

Facilitators: Katie Dallison and Katie Stripe

The Careers Service and the Education Office

Attributes and Aspirations team



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Pre-session Check-in Exercise

Imperial students

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

Learning Well Programme: Pre-session Check-in Exercise

(WEDNESDAY)



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During this session we will:

- Evaluate how useful good reflection can be within all aspects of your life
- Consider what makes a reflection useful
- Explore practical tools to help you reflect better



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What is reflection?

- To think carefully about an action or an experience



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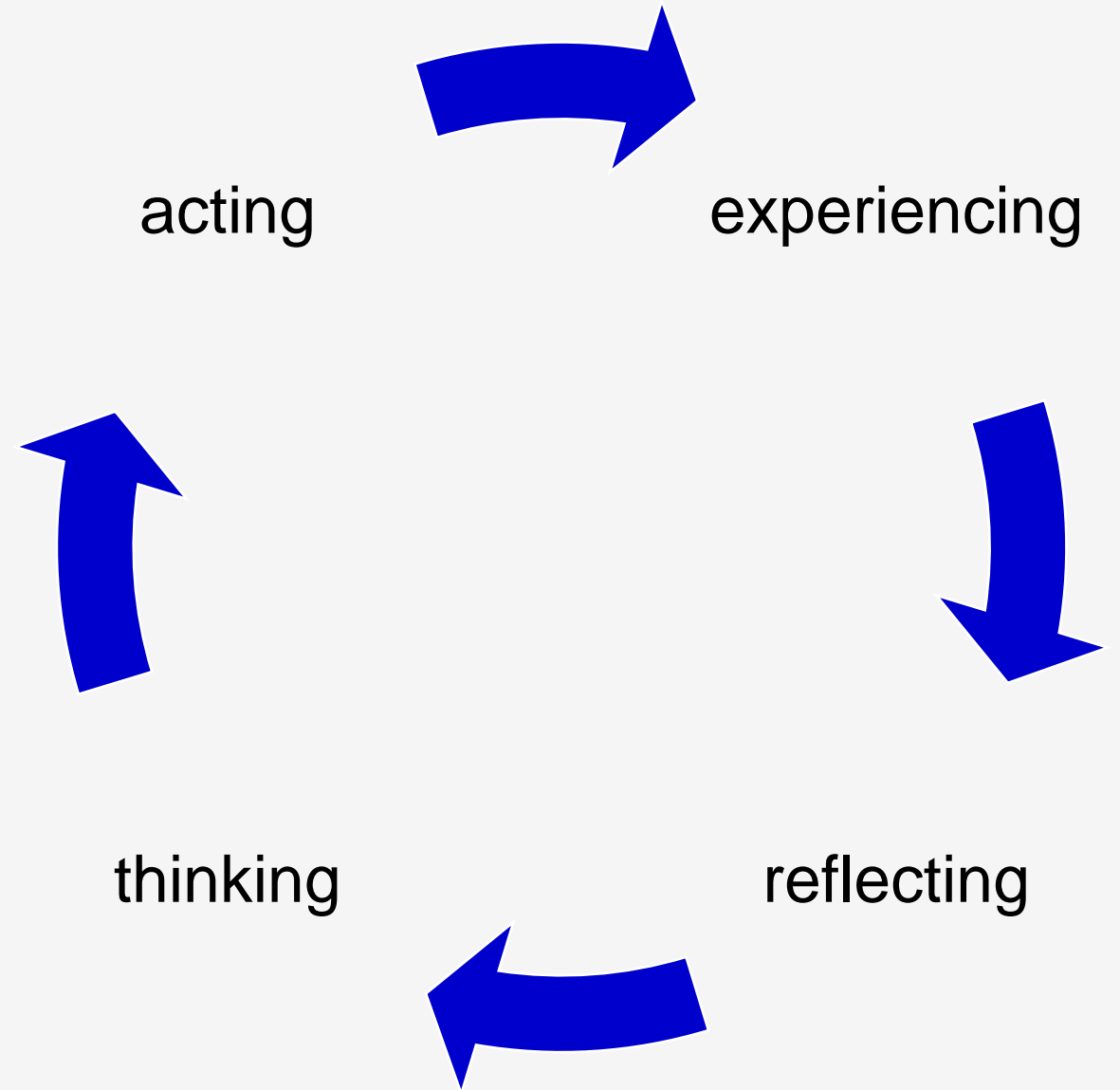
When have you reflected before?

- Use the post-it notes and pens to write one situation per post it

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Kolb's reflective cycle 1

"We learn from failure, not from success."
Bram Stoker



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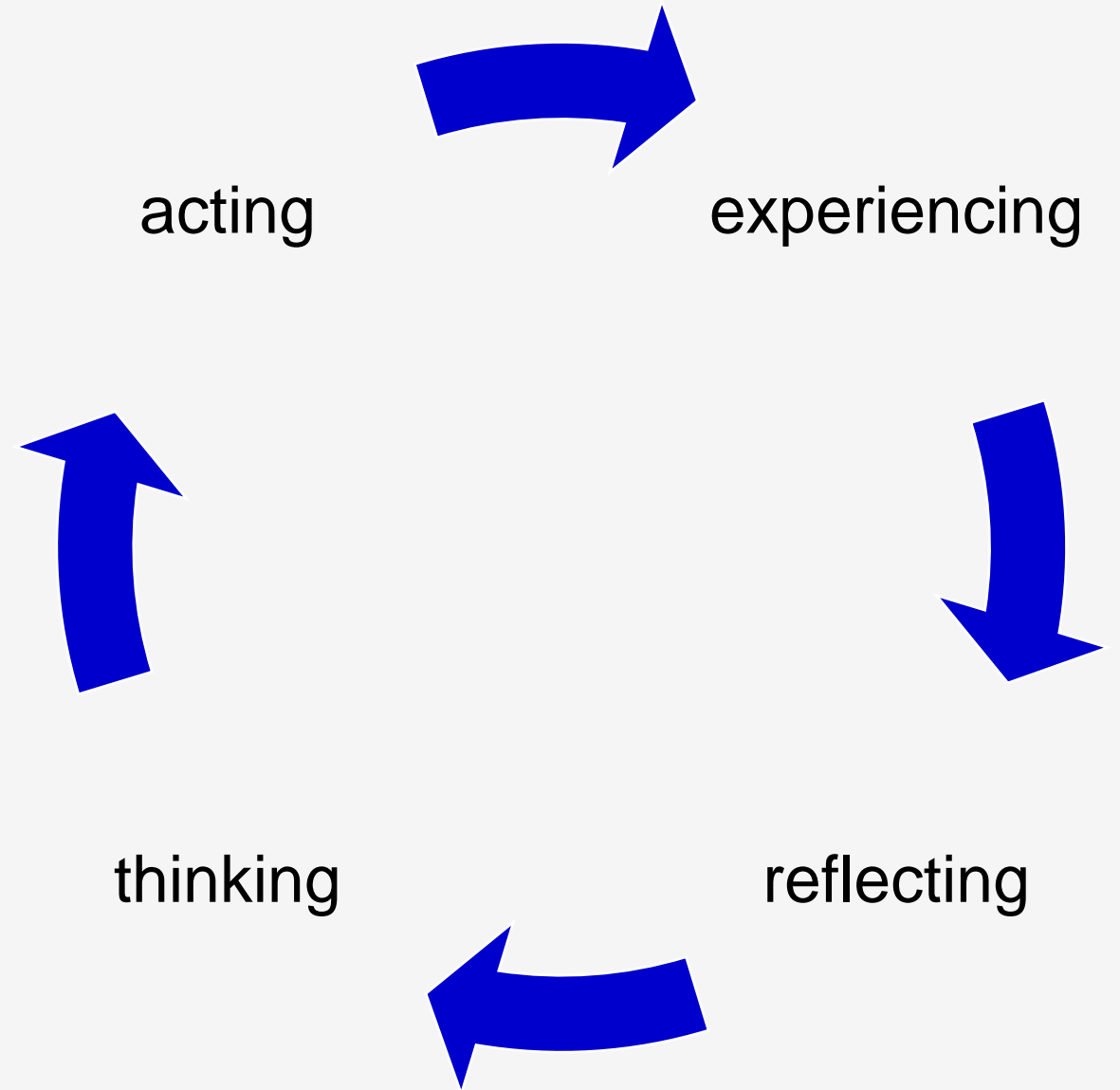
What does reflection look like?



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Kolb's reflective cycle 2

"We learn from failure, not from success."
Bram Stoker



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Top reflection tips

- Try to reflect as soon after the event as possible
- Focus on the evidence
- Focus on you and your feelings
- Don't blame others
- Consider alternative perspectives
- Be as specific as possible
- Be appropriate if being read by others



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Using reflection to tell evidence-based stories

Situation

Where were you?

Task

What did you need to do?

Actions

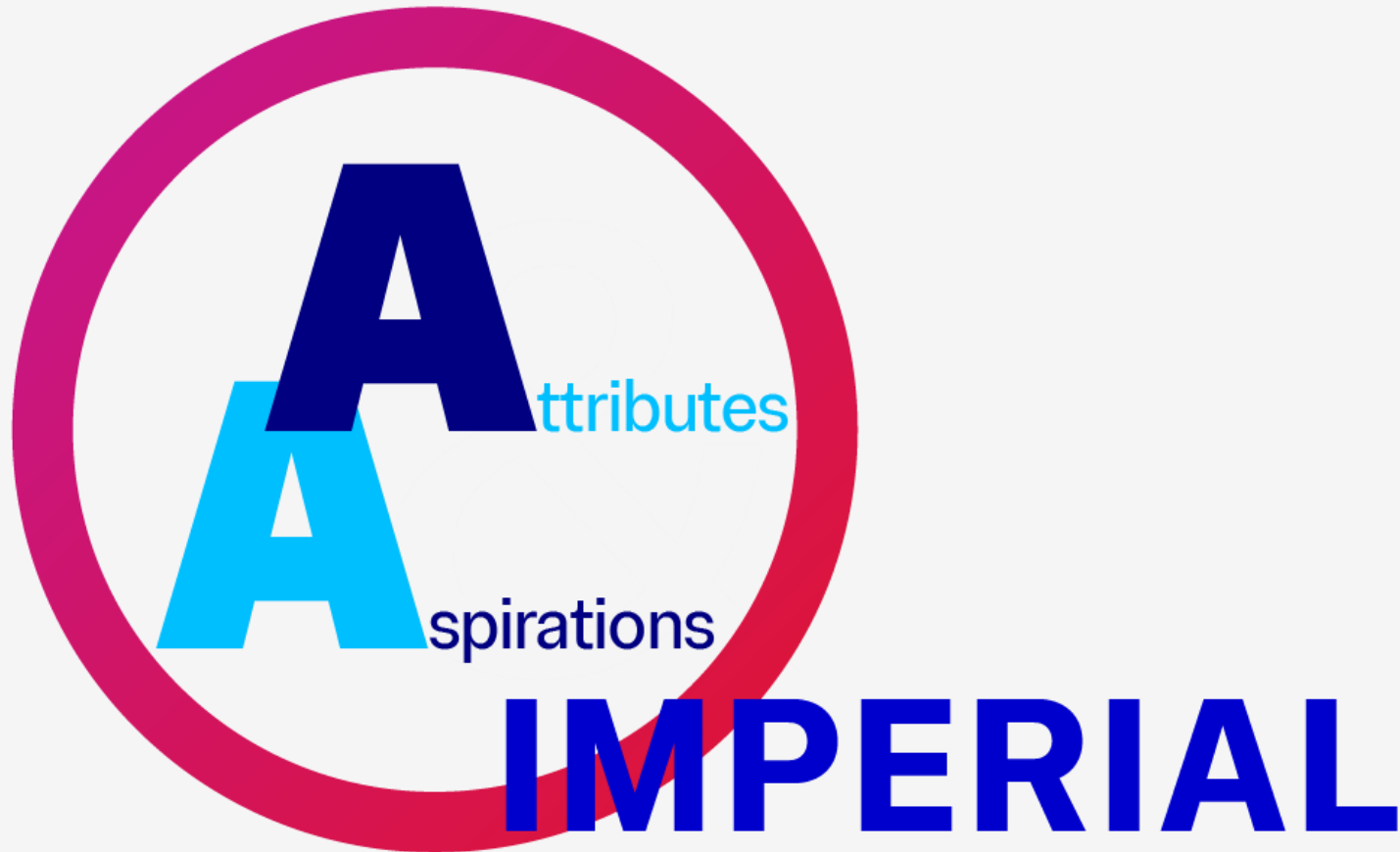
What did you do?

Results

What did you learn?

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Follow up resources - Attributes and Aspirations



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Post-session Reflection

Imperial students

To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

Learning Well Programme: Post-session Reflection Activity (WEDNESDAY)

