

PL21 Quick Bites

It's time for reflection!

Method 1 (useful for academic subjects)

1. What went well?
2. What did I learn?
3. What didn't go so well?
4. What will I do differently next time?

Go ahead and try using Method #1 to reflect on your FHBL experience!

Method 2: Critical Incidents

Step 1: Select a critical incident
Step 2: Briefly describe it.

- Step 3: What contributed to this situation?
Step 4: What was your role in creating this situation?
Step 5: What do you need to do differently in future?

Method 3: Personal response

How do you feel about this task, activity, group, or module?

What are you enjoying?

What do you dislike?

What do you need to do differently?

Method 4: The experiential learning cycle

