



# THREE STEPS TO Reflections

1

## What?

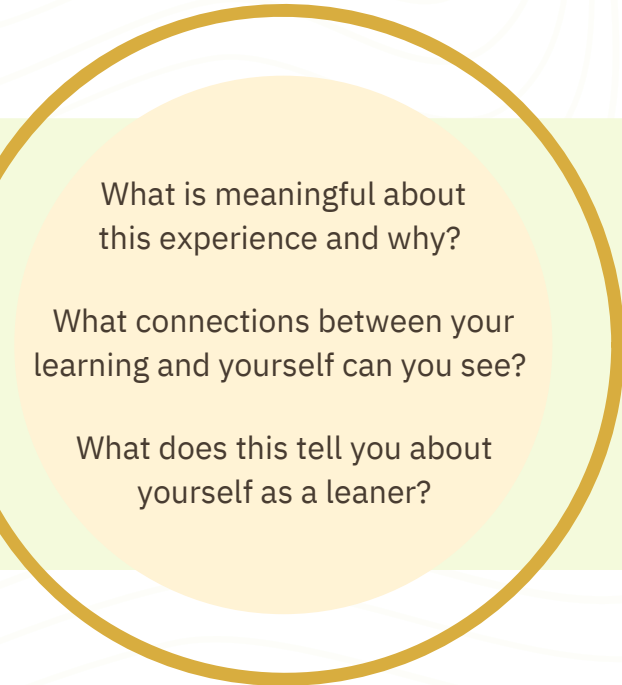
Understanding the experience or situation that you want to reflect on by describing it.



What did you do?

What did you learn?

Is there something you want to examine or explore about yourself as a learner more deeply?



What is meaningful about this experience and why?

What connections between your learning and yourself can you see?

What does this tell you about yourself as a learner?

## So What?

Consider the significance of what you just described and what you've examined about yourself.

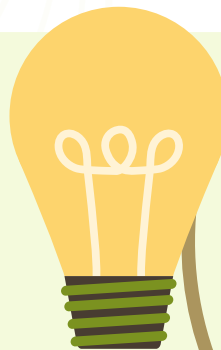


2

3

## Now What?

Use your new insights to inform your next steps.



What will you do differently?  
What will you try again?

What new ideas will you explore?

How will your approach be different when it comes to your learning?

