**Daily self-reflection check-in**

Estimated time: 2 minutes

**Learning outcomes:**

*After you complete this activity, you will be able to:*

* Practice self-reflection within a learning context by reflecting on your daily accomplishments and learning

**Activity**

1. What did you accomplish today?
2. How do you feel about what you’ve accomplished?
3. What was the most important thing you learned today?
4. What was something you already knew that was reinforced today?
5. What do you need to learn more about?
6. What are you most interested in learning about next?

**Sources:**

Miller, A. (2019 May 8). *Treating Reflection as a Habit, Not an Event*. George Lucas Educational Foundation. <https://www.edutopia.org/article/treating-reflection-habit-not-event>



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