

# Activity . . . . . ➔ 58

## Reflecting, thinking and making connections

### STUDENT HANDOUT

This exercise is called 'reflecting, thinking and making connections'. It is a self-guided individual exercise that will not be seen or assessed by your tutor, unless you would like to discuss the issues that have been raised.

Start to think about and reflect on your personal learning journey. Think about your past learning, your present learning and your future learning. When you think of this learning journey, consider connections that can be made with your personal and professional lives. The following questions will help to stimulate thought and reflection.

1. Has your personal learning journey helped you to develop and grow? If so, how has this development and growth helped you in your personal and professional lives, and how might it help you in the future?
2. What have you achieved in your life? When thinking about your life, what would you say you are proud of? Can you connect these achievements with your learning? With reflection (and perhaps with hindsight) what connections are you able to identify?
3. What connections can you make between growth and development, ideas, learning and life that may, at first, appear dissimilar?
4. Is there anything that you want to achieve in life and, if so, how can learning help? How can desired achievements be factored into your future learning journey? What connections can be made?
5. Learning can lead to cognitive reframing where we begin to see things differently. Has this happened in your personal learning journey? If so, has it helped in your personal and professional lives? Will it help in the future?
6. Learning can help with cognitive flexibility, enabling us to combine and connect the familiar and unfamiliar in innovative ways. Has this happened in your personal learning journey? If so, has it helped in your personal and professional lives? Will it help in the future?

Work through these questions or pose your own questions to aid thought and reflection, which will enable you to discover connections between learning and life. Write down your thoughts and reflections. It is useful to return to your notes later in your course so that you can reflect further, think more deeply and make additional connections as your learning journey progresses. Also, you might find that connections that were not obvious during your course become more obvious when you have completed your course and are continuing on with your personal and professional journey.

**Learning outcome:** By the end of this activity you will have taken time to reflect on, think about and make connections between your learning and personal and professional lives, which will enable you to gain a deeper understanding of the benefits and relevance of learning.