

Activity ➔ 2

Becoming a reflective learner

STUDENT HANDOUT

Work through the following questions, answering each as fully as possible.

1. This activity is called 'becoming a reflective learner'. What do you think this means?
2. In what ways will becoming a reflective learner help with your studies and with your life in general?
3. How can you become a reflective learner? What action do you need to take?

Once you have answered these questions, go on to develop a personal plan of action that will help you to become a reflective learner. This could include, for example:

- thinking about past and present learning experiences, including both positive and negative learning experiences and a critical appraisal of why they were positive or negative;
- considering personal motivation for learning;
- thinking about the benefits of learning;
- recognising and building on strengths;
- recognising, acknowledging and overcoming weaknesses;
- finding subjects, courses and teaching methods that inspire and build enthusiasm;
- discussing, sharing and cooperating with peers;
- putting thoughts, ideas and experiences into words (oral or written);
- keeping a reflective learning diary;
- recognising and thinking about personal change and development.

Write down your personal plan for action in a format that works for you. This could be a list of tasks to complete and tick off, a flow diagram of how you hope to proceed or a broad timetable of milestones you expect to reach as your course progresses, for example. This is a personal endeavour that will not be seen or assessed by your tutor. However, if you wish to discuss this activity, or are struggling to complete the activity, please contact me to arrange to discuss it further.

Learning outcome: By the end of this activity you will understand what is meant by reflective learning, know about the benefits that can be gained and will have developed a personal plan of action that will help you to become a reflective learner as your course progresses.