

Tools for Reflection and Their Purpose

Reflective Tools	Purpose
Journaling	To express and document thoughts and feelings about what was learned, the impact the new learning will have and the efficiency of the learning process.
Developing portfolios	To express and document outcomes of new learning. Portfolios that illustrate successful performances associated with key learning targets build confidence and connect relevance to their learning.
Conducting targeted observations and synthesizing meaning.	To seek new understandings around specific learning targets through observations of high quality performances or exemplars. Synthesis of patterns and processes obtained from the observations builds models for new learning.
Reviewing video and audio tapes of an experience / learning event.	To critically assess one's performance of or approach to a new learning experience. Reviewing audio or video tapes of one's own learning in action allows the learner to understand their learning styles and preferences and to evaluate their approach.
Engaging in action research.	To discover new insights and create knowledge associated with a specific theory in action. The student as researcher applies multiple strategies for testing ideas and drawing conclusions based on evidence.
Analyzing data.	To create meaning from multiple sources of data. The analysis process incorporates the natural inquiry into the facts and encourages the exploration of probable cause.
Summarizing key learning points.	To draw general conclusions from multiple learning events. By summarizing patterns, similarities, differences and trends across learning events, the student gains a deeper understanding of the dynamic and interdependent nature of learning segments.
Seeking feedback from others.	To gain objective perspectives on what or how something was learned. Reflecting together with one or more other learners or with an outside observer results in more diverse insights.
Connecting new learning with prior learning or experiences.	To build on prior knowledge with explicit intent. Learning is seen as a cumulative process that is enhanced by a variety of new experiences. This reflective process encourages ongoing learning and heightens relevance.
Engaging in meta-cognitive analyses of a learning event.	To think about one's thinking. Meta-cognition is a high level skill that transforms the thinking process while offering insights for improvement through self-analysis.

