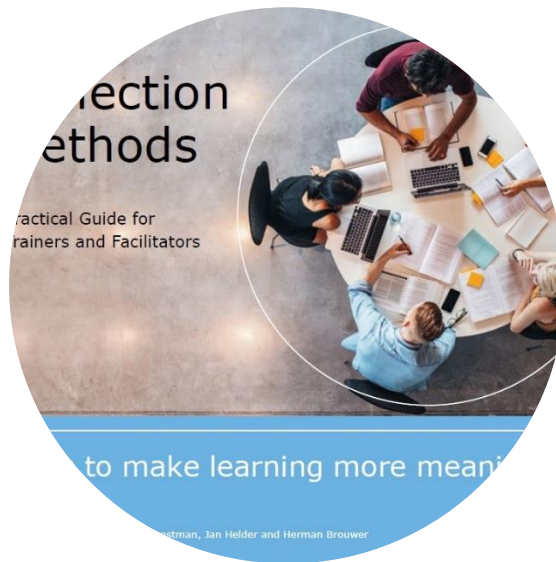


Introduction to Reflection sessions

Name of event

Date, author/trainer



Every morning: reflection time!

■ When

- 8.30 – 9.00 am reflection session

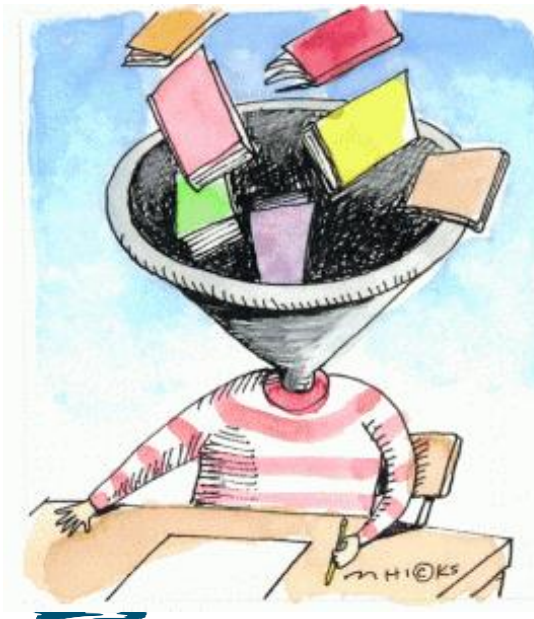
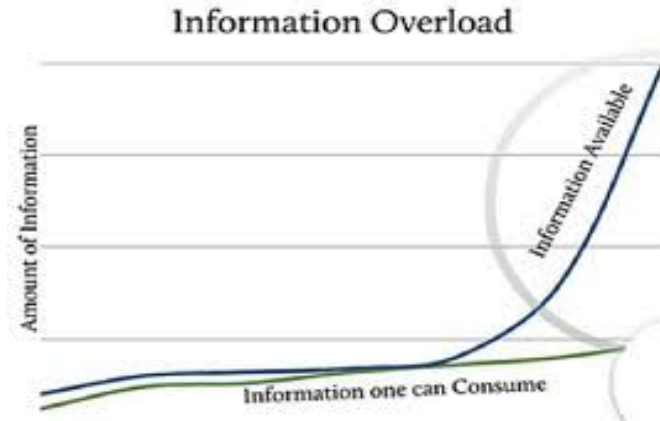
■ Why

- To help making the learning more explicit
- To structure your thoughts
- To relate what you learn here to your work back home

■ How

- Always a different method
- It can be fun!

What happens during a three week course...



What happens *after* a three week course?!

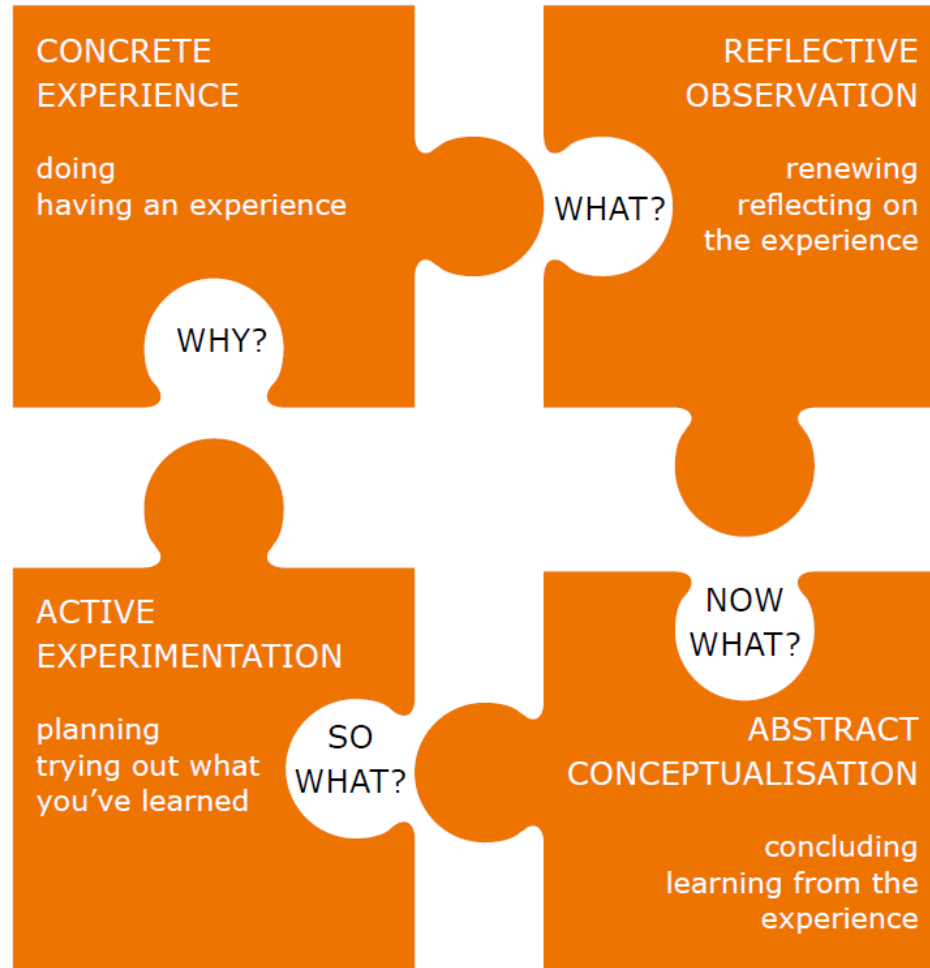


Back to
Business

Back
to
Normal
Routing

**So how do we make sure that we
retain what we learn, make sense
and apply it to change our practice
back home?**

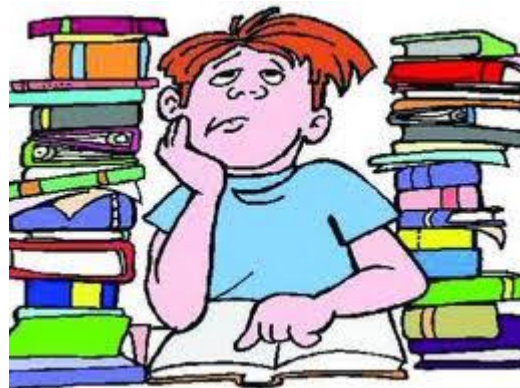
Experiential learning



Model based on D. Kolb

How do you formulate a lesson learned?

- How do you feel when you have learned something?
- How do you phrase/formulate a lesson learned?
- What are the characteristics of a lesson learned?
- **What was your most important lesson learned of yesterday?**
 - I learned that.... (conclusion)
 - I came to realise that... (new insight)



Reflection sessions - in short

- Participants are invited to reflect frequently on their newly acquired knowledge and the experiences they get during the course:
 - To digest all the information that is being shared during the course
 - To translate the learning to your own context
 - To integrate lessons learnt into your own work environment
- The aim of the reflection sessions is to make our learning more meaningful, and make it applicable.
- The “Practical Guide with Reflection Methods” summarizes tools for facilitating this reflection process to advance learning.

Thank you!



For more information see book:

Reflection Methods

Practical Guide for Trainers and Facilitators

Tools to make learning more meaningful

Gordijn et al, 2018



© Wageningen UR