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?!
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

CONCRETE EXPERIENCE
- doing having an experience

REFLECTIVE OBSERVATION
- renewing reflecting on the experience

ACTIVE EXPERIMENTATION
- planning trying out what you’ve learned

ABSTRACT CONCEPTUALISATION
- concluding learning from the experience
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 leaning 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