

## It's time to pause, breathe and reflect...

This is our sixth week of remote learning! It's time for a check-in, to stop and reflect on all you've achieved so far.

Try reading through this together with a friend or family member. Chat about it together.



What have you learned about yourself as a learner?



What can you work on next, whether you return to learning at school, or continue learning from home?



### What is "reflection"?

Reflection is a type of thinking. Our learning experiences give us a chance to think about what went well, and what we might do differently next time. This thinking helps us to become an active and critical learner, someone who knows what we're like when we're learning. This is what we mean when we say that someone is "self-aware".

The purpose of reflection is not to develop a perfect piece of school work, but to develop your ability to think and judge.

### A new big word: **METACOGNITION**

(met-a-cog-nish-on)

It means to understand how your brain works when you're thinking. Older students may have heard the word. Reflection is a key skill to build your metacognition and is key to success as a senior student!



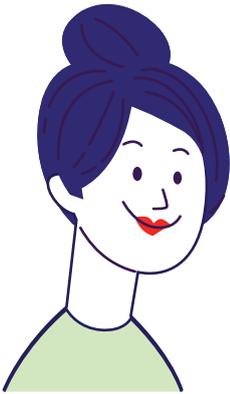
### Why reflect?

- ✓ To help us become more aware of our learning — what helps us and what does not;
- ✓ Reflecting on mistakes can help you avoid repeating them. At the same time, reflecting on your successes helps you identify what approach to use again;
- ✓ To see the growth in our own learning over the school year, to be proud of that and to be able to talk about that growth with your parents and teachers.
- ✓ To help us take more responsibility for our own learning;

## How do I reflect?

Saying, “this was fun!” is not reflection. It is not about how good or bad the activity or work was. Instead, reflection is the time to consider what was learned from the experience. We want the answers to these questions below to help us set goals for the next weeks of our learning.

Try these as a family chat at dinner, or while you're going for a walk. Often it's easier to chat while we're walking!



### For the remote learning period as a whole ask yourself;

- What has gone really well for me? Why has that gone well, or what made it work so well?
- For the next week, what will I do differently?
- What has really surprised me about myself is ...
- I used to think ... but now I think ...

### Try these for each of your subjects;

- What have you found inspiring, difficult, or interesting and why?
- What I want to really work on in my next lesson or next week is ...
- The “one thing” rule: What is the one thing which, if you do it, will make a big difference to your learning in this subject?

## Where to now?



### Goals

Create a positive goal for your learning that is do-able and specific to you.

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### Thinking

Tell yourself you CAN and WILL do it. Get your family to keep you focused.

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### Plans

Make a plan for how you will achieve it, sometimes called building “pathways”.

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A feeling of hope

Which is really important for our learning (and life in general!).