Dive Deeper: Deep Reflection 101

WHY SHOULD I DO THIS?

Your academic performance will improve

Deep reflection is an important part of the learning process

WHEN SHOULD I DO THIS?

1. After an exam or midterm
2. When I get an assignment back
3. After working in a group
4. When I experience a challenge

DESCRIBE

QUESTIONS TO ASK YOURSELF:
• What happened?
• Who was there? What did they do? What did I do?
• When did it happen?

EXPLORE

QUESTIONS TO ASK YOURSELF:
• Why did this happen?
• Did I make assumptions?
• What errors did I make?
• What did I do well?
• Has this happened before?

SOLVE

QUESTIONS TO ASK YOURSELF:
• What can I do differently next time?
• How can I improve?
• Do I need outside help? If so, where do I get it?
• What steps can I implement?

APPLY

STEPS FOR IMPROVEMENTS:
• Implement steps for improvement
• Use outside help if needed

EXPERT TIP: Deep Reflection is an ongoing process; you may need to go back through the stages in a different order to achieve results that work for you