

Dive Deeper: Deep Reflection 101

WHY SHOULD I DO THIS?



Deep reflection is an important part of the learning process



Your academic performance will improve



Deep reflection is like going to the gym for your brain, the more you do it the easier it is and the stronger your brain gets

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?

APPLY

STEPS FOR IMPROVEMENTS:

- Implement steps for improvement
- Use outside help if needed

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?

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