
Module Reflection: Be as honest with yourself as you can!

CLASS and CONTACT TIME

YES
absolutely!

Yes,
mostly!

Sometimes

Not
Really

Nope,
not at all!

Have I attended all
sessions?

Have I prepared for
all sessions?

Have I actively
participated in all
sessions?

Have I reflected on
the session – what
did I take from it?
What do I need
to work on? What
could I contribute
next time?

Have I reviewed the
materials for the
session the next
day or since?

Have I condensed,
synthesised or
reworked notes and
materials from the
session?

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INDEPENDENT STUDY

YES
absolutely!

Yes,
mostly!

Sometimes

Not
Really

Nope,
not at all!

Have I followed
up work
independently?

Have I scheduled
and/or fulfilled
the time for
independent study?

Have I made notes
independently, such
as annotations, on
additional reading,
and used my time
to keep my learning
organised?

Have I taken steps
to progress or
monitor my learning
myself?

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REFLECT, REVIEW, REVISE

	YES absolutely!	Yes, mostly!	Sometimes	Not Really	Nope, not at all!
Have I asked my tutors about anything I don't understand, or that I am finding challenging?					
Have I sought support from teaching and support staff when I need it?					
Have I reviewed the material/memorised material at spaced intervals? Have I set up a strategy for doing this (e.g. apps, reminders, accessible condensed info)?					
Have I started to connect material, and manipulate ideas for myself (e.g. thinking about application in different scenarios, thinking up questions to test myself)?					

Active Learning: Module Reflection

Next, think about each of your answers in turn; if they are negative, reflect on why. Are these barriers to your learning that you can change and address? If not, are there workarounds?

There may not always be a solution – reflecting can help untangle how you feel about how things are going, as well as doing some practical planning or goal-setting to help you in future.

This process can also sometimes help us to articulate our thoughts and better discuss them with others.
