

Weekly Bell Ringers

LIFELONG LEARNING

Week 1
Reflective Learning



General Instructions



- There will be 5 activities assigned on the first day of each week to complete at the beginning of class (no more than 5 minutes unless otherwise noted)
- All 5 activities are to be completed by the last day of the week (even if there is no school on a certain day or days or you were absent)
- If you do not complete the daily activity before class begins, you are expected to finish it during any downtime or as homework.
- Further instructions may be available in the speaker notes section on individual slides
- Monday introduces the topic
- Tuesday provides advice, a how-to, or some other activity on the topic
- Wednesday deals with the past, present, or future of the topic
- Thursday gives you scenarios, questions, or aha moments to ponder and write about the topic
- Friday digs deeper into the truth of the topic and allows for reflection
- Activities will vary from week to week
- Remember, it's okay to collaborate, just remember to work together and not just copy each other's answers

Meanings

REFLECTIVE LEARNING

(1) - DICTIONARY DEFINITION

(3) - LIST TWO ASSOCIATED WORDS OR PHRASES

(4) - DRAW OR FIND A GRAPHIC TO

(2) - WHAT DOES THE TERM OR CONCEPT MEAN TO YOU

VISUALLY REPRESENT THE CONCEPT

Paste graphic
here and resize

to fit this space.

Paste the URL for the graphic here or type "original work" if you drew it.

Juesday Track

Think of your commute to school/work this morning. Using the model for self-reflection in the infographic, reflect upon this event. The graphic is hyperlinked to the source if you need to view it larger or need more information about this process of self-reflection.

- 1. What?
- 2. So what?
- 3. Now what?



experiences as well as course content.



WHAT?

Start by understanding the experience/situation/event that you want to reflect on by describing it.

What did you do or notice? How did things go? What did you leam? Or, is there something you want to examine or explore about yourself and as a learner more deep.



SO WHAT?

Next, think about the significance and implications of the experience/situation/event you've just described, or what you've examined about yourself

What connections do you see to your learning or course content, and why? What is meaningful about this experience and why? What does this tell you about yourself as a leaner?



NOW WHAT?

Finally, using your new insights, what next steps will you take going forward? What will you do differently or what will you thy again? Should something change or be repeated? What new ideas will you explore or what different approach will you to when it comes to your learning?



Source:

Porter, Jernifer, Why You Should Make Time for Self-Reflection (Liver If You Fairle Doing It?) Hervard Business Review, 2017, https://htm.org/2007/03/why-you-should-make-time-for-refl-reflection-aven-fi-you-hard-olong-it.









Recall a time in your life when you had a difficult time learning something. It could be personal, school, or work related. Using the 3-step model to self-reflection used Tuesday, reflect on this time. If you are having difficulty recalling a time, you may use the following scenario.

Meet Jamie, a high school junior passionate about computer science. Jamie has always excelled in mathematics and programming, but recently encountered a challenging new concept in an advanced coding class. The concept revolves around complex algorithms and data structures, and Jamie finds it difficult to grasp. They received a failing grade on their homework and just found out this concept will be a large part of the upcoming exam.

- What? (if you use the above scenario, summarize it in your own words for this step)
- 2. So what?
- 3. Now what?

Thoughts



Emma, a recent graduate, lands her first job at a small marketing firm. Excited about the opportunity, she quickly becomes involved in a major collaborative project for a new client. As she digs into the project details, she discovers that a competitor's confidential marketing strategy has somehow made its way into their files. Feeling the pressure to impress her new colleagues and worried about the potential consequences of reporting the issue, Emma decides to use the competitor's strategy as a reference for their own project. She believes that this shortcut will help the team meet tight deadlines and solidify her role in the eyes of her coworkers and superiors.

FidayFeedback



Congratulations on making it to the last day of your first week! This week's objective in Lifelong Learning was *Reflection*. This concept will be something we practice all year long and something you should practice for life. Today, I'd like you to think about how your first week went, what went well and what didn't. In the space below, provide some feedback that might help someone provide a better environment for learning and growing.