

# Reflection



Reflection is an opportunity to examine your practices, improve your performance, and evolve your methods through solutions and new ideas. It can be a powerful tool in your understanding of yourself.

## Why reflect?

- Gain analytical skills and self-awareness
- Capitalize on strengths and improve on weaknesses
- Increase your open-mindedness by understanding yourself and the ideas of others
- Put concepts and theory into practice
- Build transferable skills

## What is good reflection?

Meaningful reflection makes clear connections between observations, experiences, and opinions. Reflective connections allow you to examine past learning experiences while understanding the present and problem-solving for the future.

## Where do I start?

Try using these prompts to start exploring the benefits of reflection!

- What did you learn from this experience? About the topic? About yourself?
- What was successful and why?
- Did you run into any problems? How did you solve them?
- How will this prepare you for further exploration into the topic?

**For more on reflection**



[curl@uwo.ca](mailto:curl@uwo.ca)



[curlathuron](https://www.instagram.com/curlathuron)