



Self Reflection

Cross-Curricular Focus: Study Skills

Do you ever feel like you are just running from one activity to another? In school, do you rush from one subject to another?

When things happen at such a fast pace, it is easy to lose sight of what you are doing or learning. It is important to stop yourself every now and then to think about what you've been doing or learning.

Self reflection means slowing down and calming yourself, including calming your mind. By being calm and going slowly, you give your brain a chance to evaluate the input it has already received. Some people prefer to do these self reflections only in their mind. Others keep a journal or written notes. Either method works, depending on your own personal learning. Whether written or purely mental, the process is the same.

School textbooks are often divided into chapters and units of study. This makes it easier for someone to begin the process of self reflection. Look for the times when you complete a unit of study in the subjects you are learning, such as math, social studies, science and art. Sometimes you know the unit is over because there is some kind of test or quiz. Use these natural breaks as opportunities to stop and reflect.

Find a quiet place. You can even be sitting at your desk at school when you finish something early and the other students are still working. If you are going to take notes, take out paper or your reflection journal. Write down some notes on the new things that you learned in the unit. Let your mind think about the notes you have written and make some connections. Sometimes just pausing to think deeply allows your brain to make connections. Having lots of connections allows your brain to quickly retrieve information when you need it again.

Next, think about things that you are unsure of. For example, maybe you learned about a certain body system, but you're not sure how it works together with the other body systems. Maybe you learned a new way to solve a math problem, but you're not sure when to use it. Writing down your questions will help you remember to look for answers the next time you are working with the same topic.

Self reflection is an essential skill for a successful student. If you have never taken the time to reflect, try it now.

Name: _____

Answer the following questions based on the reading passage. Don't forget to go back to the passage whenever necessary to find or confirm your answers.

1) Why should you write down questions about what you have learned?

2) Do you have any experience with self reflection? Explain. _____

3) What are some of the benefits of self reflection?

4) Do you think it would be easier for you to reflect in a journal, or just mentally? Why?

5) Name at least one subject where you want try using self reflection.



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Name: Key

Answer the following questions based on the reading passage. Don't forget to go back to the passage whenever necessary to find or confirm your answers.

Actual wording of answers may vary.

1) Why should you write down questions about what you have learned?

It will help you remember to look for the answers.

2) Do you have any experience with self reflection? Explain.

student's choice

3) What are some of the benefits of self reflection?

It helps you brain make connections. or It helps your brain evaluate what the input it has received.

4) Do you think it would be easier for you to reflect in a journal, or just mentally? Why?

student's choice

5) Name at least one subject where you want try using self reflection.

student's choice