

## Theme 14: Schön's reflection before, during and after a learning process

In this theme you have learnt that there are frameworks that you can use to aid your reflective process.

For this task, select an event that you will be attending to try Schön's method of reflection. The event can be something social or formal. It could be a meeting or presentation or something really simple like a planning meeting for a group assessment or a visit to a tourist attraction.

See the table below and use that as your template for reflection. Follow the steps by preparing notes before the experience that relate to each of Schön's sections. Then, during the experience you will have notes to consider any differences and changes as the experience is happening. Finally, follow your notes and reflect after the experience.

You should write a fully reflective piece about the event and share with your peers.

| Before an Experience                                                             | During an experience                                                           | After an experience                                                                                          |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| What do you think might happen?                                                  | What is happening now as you make rapid decisions?                             | What are your insights immediately after, and/or later when you have more emotional distance from the event? |
| What might be the challenges?                                                    | Is it working out as expected?                                                 | In retrospect, how did it go?                                                                                |
| What do I need to know or do in order to be best prepared for these experiences? | Am I dealing with the challenges well?                                         | What did I particularly value and why?                                                                       |
|                                                                                  | Is there anything I should do, say or think to make the experience successful? | Is there anything I would do differently before or during a similar event/                                   |
|                                                                                  | What am I learning from this?                                                  | What have I learnt?                                                                                          |