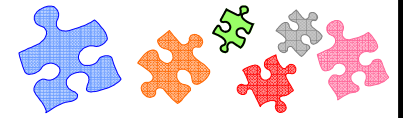


REFLECTIVE LEARNERS Learning Mat



Reflecting on my *reflective learner* skills

Below are some of the skills you need to be a reflective learner. Traffic light each of the skills in turn so you are aware of which you need to develop further. You can do this at any point during your focus on developing these important skill to see how you are progressing...

- I'm setting off
- I'm on my way
- I'm getting nearer
- I've arrived!

Assess myself and others, identifying opportunities and achievements (RL1)	<input type="radio"/>
Set goals with success criteria for my development and work (RL2)	<input type="radio"/>
Review progress, acting on the outcomes (RL3)	<input type="radio"/>
Invite feedback and deal positively with praise, setbacks and criticism (RL4)	<input type="radio"/>
Evaluate experiences and learning to inform future progress (RL5)	<input type="radio"/>
Communicate my learning in relevant ways for different audiences (RL6)	<input type="radio"/>



- S.M.A.R.T Targets**
- Specific**
 - They are clear to everyone
 - They say exactly what you mean!
 - "S" can also be for Stretching
 - Measurable**
 - You'll know when they have been achieved
 - You can prove they've been reached
 - Action-orientated**
 - They are made up of clear, bite-sized steps
 - Realistic**
 - They are within the limits of resources, knowledge and time
 - Time-based**
 - There is enough time to achieve the goal but not too much to dampen motivation
 - They have deadlines

GET SMART! Set yourself some S.M.A.R.T. Targets when you review progress...

What were my feelings when I was...

asked to work in a team?

doing my role-play?

asked to mark someone else's work?

Respond to written feedback by drawing a thought-bubble at the end of your work. Think about your teacher's comments and write down some action points for next time!

Judgement and caution

Overview, process, control

Creativity and alternatives

Facts, figures and information

Logical and positive

Intuition and emotion

Reflective words		
evaluate	target	revise
review	consider	think
rework	refine	deliberate
progress	ruminate	adapt
critique	modify	assess

Review Progress and give feedback

3 STARS

& A WISH

Really good because...

Even better if...

What have I done? (Skills)

What questions do I have?

What have I learnt?

GOLDEN RULES

At the end of a lesson or on completion of a piece of work, think about some **Golden Rules**—things you wish you'd known at the start and which may have helped you along the way. Try to follow these rules next time or share them with others

What questions do I still have?

What have I done during this lesson?

What have I heard during this lesson?

What have I seen during this lesson?