Reflection Strategy - What? So What? Now What?

This strategy was developed as part of an Applied Technology CPD 2020/2021 workshop which took place during the 2020/2021 school year. All materials used during this workshop can be viewed in the Technologies section of www.jct.ie within the 'CPD Workshops' tile.

Who is this strategy for?

This strategy is for all Junior Cycle students to support the development of reflection, analysis and evaluation skills.

What is this strategy?

This strategy provides students with an opportunity to pause, reflect, analyse, and make judgements on their learning journey and the development of their skills at a particular moment in time. It supports students to record and to making judgements about their work and their experiences, to inform future learning.

When can students use this strategy?

This strategy can be used during a project, at the end of a unit of learning or as a self-reflection and analysis task between units of learning. There are three sections with short prompt questions in each to promote thinking and reflection. The three sections are: *What? So What?* and *Now What?* The format is designed to be accessible and quick for students to complete.

Where can I find this strategy?

This strategy was used in the context of a unit of learning in the Applied Technology 2020/2021 CPD workshop which can be found here. It also features in the **Teaching and Learning Classroom Supports** in the **Resources** section of the JCT website, found here.

Why should I use this strategy?

This analysis strategy encourages students to recognise where they are individually in their skill development and to set achievable and manageable targets to progress. It also reminds students to ask for help, to listen to feedback and to effectively manage their time and resources.

How can I apply this strategy?

It is encouraged to use this strategy as a starting point and adapt the questions to suit your students and your context. The prompt questions within each of the three sections can be adapted to relate to the chosen learning outcomes or the development of specific skills which your unit of learning focuses on.

My Reflection

Name: _____

What?

What am I learning? What was my experience?

What skills am I focusing on? What have I learned in relation to my skills?

What am I enjoying or not enjoying as I learn and develop my skills?

So What?

Why am I reflecting on my learning and skill development?

What feedback did my teacher and others give me to improve my learning and skill development?

What does it tell me about my strengths and weaknesses?

Now What?

From my reflections, what have I learnt? What are my next steps?

What can I do to further improve my learning and skill development?

What support do I need?

Learning Activity/Project/Unit of Learning:

Learning Focus: **Date:**

What?

So What?

Now What?

Learning Activity/Project/Unit of Learning:

Learning Focus: **Date:**

What?

So What?

Now What?