



Regular opportunities for students to **reflect on and articulate their learning and development, and to plan further growth and learning opportunities.**

REFLECTION



Something to think about...

Q: Where in your curriculum can you encourage and incorporate reflection? Do you use reflection in your contact hours to help contextualise learning, or as an assessment?

Q: How can you use reflection to help students see the value of their experiences and link them to their employability? Do you have students reflect on their development, on course content, or something else?

Q: How do you support students when asking them to reflect? What resources are available, e.g. the Reflection Toolkit? What low-risk opportunities do you provide students to practise reflecting?

ELEMENT: Reflection

ACTION: Use the boxes below to **reflect** on your current practice, **plan** how you will make improvements, and explore how you will **evaluate** progress towards fulfilling this element.

