

# Reflection Video Resources

In preparation of attending the Structured Reflection Introduction – Part 1 please take some time to visit and review the below video resources. Preparation time: 40-60 minutes.

## Video 1: Reflecting on a personal experience

### Critical Reflection

The first video offers an *introduction* to critical reflection and introduces the “What, So What, Now What” Model. Take some time after watching the video to note down two-

three events from your life where something did not work well. Start with the first event that caused you concern. Write down, in as much detail as you wish, ‘what happened’ and mention: who was involved, what were the circumstances, what worked well and what did not work well. Moving to the next stage ‘why it is important for me’: Aim to think through the significance of what happened and how you felt then. Move to analyse your new understanding by including multiple perspectives of others, intentionally shift your thinking by employing the ‘growth’ mindset, consider other courses of action using your ‘moral imagination’. Note down how you feel now about how you acted then.

[Critical Reflection Link Here](#)

## Video 2: Application of the model in the context of a course activity

### Reflecting on a Course Activity

The second video offers *application* of the What? So What? Now What model for a classroom activity. The examples explain how a student who went through a negative experience shifted her mindset and

uncovered the benefits from a negative experience. Watch the video and think again of a negative experience that you might have experienced. Can you shift your mindset intentionally and now note down what might have been the benefit of the negative situation?

[Model Application Link Here](#)

## Video 3: Application of the model in the context of a course activity

### Reflecting on a Personal Experience

The final video looks at the *core concept* of *mindset* and explains the ‘fixed’ and ‘growth’ mindsets and how it works as the ‘input’ through which the experience is

examined. After you watch the video, think back to one of the experiences that you used as an example. Now that you understand the ‘fixed and growth’ mindsets can you deepen further your analysis? What did you learn from your analysis? Write down your thoughts that helped you understand better your thinking patterns, emotions and actions in the specific situation that you examined. What is your key learning and what does it suggest about the way you learn from past experiences?

[Fix-Growth Mindset Link Here](#)

### Additional Resources

Post-workshop you will receive the slides, an electronic journal with reflection prompts and extracts from reflection resources to support your reflective practice.

