

Two–Minute Tips

This Week's Topic: Reflection

Reflection occurs when young people look back on an activity, think about what they learned, and share what they were thinking or feeling, what an activity meant to them, and/or what they can learn from it. It can occur by asking participants to talk about what they were doing, thinking, or feeling during an activity. Providing opportunities for reflection helps participants process new information, learn, and grow.

Practice Tips

Here are a few prompts to encourage reflection with your participants.¹

- What is the most important idea, skill, and/or concept you learned from today's activity?
- What were some of the most interesting discoveries you made about the problem, yourself, and others while working on this project or activity?
- What were some of your most challenging moments and what made them so?
- What were some of your most powerful learning moments and what made them so?
- What is the most important thing you learned personally?
- How do you feel your solution relates to real-world situations and problems?
- What most got in the way of your progress, if anything?
- How well did you and your team communicate overall?
- What barriers or struggles did your team encounter and how did you overcome them?
- How did your teammates help you to learn or overcome obstacles?
- How did you help or hinder others during this process?
- Were your milestones and goals met? How much did you deviate from them, if any?
- What were your greatest strengths in this project? Your biggest areas for improvement?
- What would you do differently if you were approached with the same project again?
- Talk about moments in which you were you the proudest of your efforts.
- Could you teach this activity to someone else easily? Why or why not?
- What could you do differently from a personal standpoint next time you work with the same group—or a different one?
- How can you better support and encourage your teammates on future projects?
- How will you use what you've learned in the future?

Tips in Action!

[Watch](#) staff at Village Theatre lead a closing reflection about the participants' acting activity.

Want more two-minute tips?

Check out:

<https://depts.washington.edu/cqel/expand-ed-learning-opportunities/>

There you will find the latest tip, an archive of past tips, and a discussion board to connect with peers!

¹ Watanabe-Crockett, L. (November 6, 2017). *25 Self-reflection questions to get students thinking about their learning*. Global Digital Citizen.Org. <https://globaldigitalcitizen.org/25-self-reflection-questions>