

TEACHING TODAY'S LEARNERS #13



Reflection-Show, Slow, Grow

“We do not learn from experience...we learn from reflecting on experience.”

–John Dewey

One of the greatest impacts on learning comes from reflecting on something we have seen, heard, learned or experienced. Reflection helps deepen a learner’s understanding of new ideas and concepts. If a learner thinks about her learning by focusing on the process as much as the product, she can analyze what worked and what didn’t work, as well as set goals to continue to move forward.

SHOW, SLOW, GROW



Show, Slow, Grow is a systematic process that helps learners analyze their learning experience and set new goals in an effort to grow as a learner. Having students think about and record their journey is key. Without processing all that happened along the way, learners seldom focus on or make the changes needed to improve.

Below is a sampling of questions that learners could ask themselves as they move forward.

SHOW Showcase your learning	SLOW Analyze your learning	GROW New learning journey
<ul style="list-style-type: none"> • Does my evidence (product) accurately demonstrate my knowledge? • Am I proud of what I have accomplished? • Could I have showcased my learning in another way? 	<ul style="list-style-type: none"> • What did I discover about myself as a learner during this process? • What strategies did I use that were successful? • How might I change the learning process to fit my needs? 	<ul style="list-style-type: none"> • What is my new learning goal? • What strategies or resources could assist me in being more successful this time? • What are other ways I can extend my thinking? • How will this new goal help me be a better learner?