

Levels of Reflection

The lower the question is on the list, the deeper the thoughts it provokes.

- ❖ **Remember** - What did I accomplish?
- ❖ **Understand** - What is important about what I did?
- ❖ **Apply** - Where could I use this again?
- ❖ **Analyze** - Are there patterns in my work? In my behavior?
- ❖ **Evaluation** - How well did I do? What could be done differently?
- ❖ **Extend** - How can I use this knowledge in future work? What have I discovered about myself as a learner?