



## Activity 4: Method Reflection

### INTRODUCTION

Another aspect when learning is obviously how we learn. Every learning process employs some method, even if not planned as such. If we plan our lessons, we also have to consider how our pupils are supposed to learn content. To understand the efficacy of methods, it helps to start thinking about what methods we ourselves experienced and what we can learn from that.

### OBJECTIVE

Participants are to train their reflection skills and think about their own experiences in learning situations in preparation of the next session.

### STEPS

#### STEP 1:

Think back to the methods you used for learning. Regardless of the setting, what methodologies did you use for learning.

#### STEP 2:

Make notes addressing the following questions:

- What methods helped me learn things better? Which did I find hard to learn with?
- How much did I learn on my own? How much did I learn in a group?
- Did I find any sense more useful in learning or not?



### STEP 3:

If you recognise any other patterns in the learning methodology, you find interesting, feel free to also write about these, as the questions above should serve as a starting point.

