

*Sec One*  
*HABITS OF MIND*  
*Term 1 Week 3*

*Lesson 2*  
*Student's copy*

- *The HOM Story(5 Habits)*  
*Self-run power point*
- *Notes on 'Overview of the 16 Habits of Mind'* (refer to notes given out in lesson 1)
- *Game on 'Pick-up sticks'*
- *Notes on Reflection*

Notes on Reflection  
Sec 1Exp / NA / NT  
Lesson : 2

**What is Reflection?**

To reflect is to mentally wander through where you have been and try to make some sense of it.

Reflection is a process in which one thinks critically about what one has done or experienced.

Can be achieved through writing, speaking, listening or reading about the experiences

**Why reflection?**

Reflection has come to be seen as an important component of learning.

Helps students link and construct meaning from their experiences which are opportunities for learning.

Help students apply what is learnt to contexts beyond the original situations in which learning took place.

Get students to link a current experience to previous learning