

Why reflect on learning?

Reflection helps you deepen your understanding, connect learning to your role, and implement changes effectively. By taking time to think critically about what you've learned, you enhance retention and practical application.

HOW TO REFLECT ON LEARNING?

CAL

Identify key takeaways from the learning.

What stood out?

What was new or thoughtprovoking?



Set a date to assess your progress.

What has changed?

What more can you do?

Consider how this knowledge applies to you?

How does it challenge or confirm your current ways of working/thinking?



Decide how you will implement the learning.

What actions will you take?

What support do you need?

PL/

ANALYSE

YOUR REFLECTION AND ACTION PLAN

Title of learning:

Date Attended:

Key topics covered:

What are the three most important things you learned?

- 1.
- 2.

3.

What surprised or challenged you in the session?

How does this topic relate to your current role?

What one action will you take immediately?

What challenges might you face in applying this and how will you overcome them?

Who can support you in implementing this learning?

What resources or further learning do you need?

When will you review your progress? (Set a date!)