**Activating Identities and Futures**

**Reflection Checklist**

**During your learning journey and at the end, reflect and note the learning that has occurred.**

**This can inform the Progress Checks and Appraisal.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: / /23

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| --- | --- | --- | --- | --- |
| Skills | Capabilities | Knowledge | Identity | Output of Learning |
| CommunicationCritical ThinkingDecision makingGoal achievingGoal settingICTLearning strategiesLiteracyMetacognition (knowing how to learn)NumeracyPhysicalPractical (How to..)Planning Other learningPracticalSoft skills – otherTechnicalThinking quickly, accurately and/or positively | Collaborative Critical and Creative ThinkingEmbracing challenge / opportunitiesEthical UnderstandingICTIntercultural understandingInterpersonalIntrapersonalLearning strategiesLiteracyNumeracyQuality ThinkingReasoningPersonal and SocialSelf-Motivated Learning | About communicationAbout groups or teamsAbout peopleFact/sFeedback (how to get it, give it and/or use it)Implicit (suggested though not directly expressed.)Inferential (Knowledge created by thinking)Opinion/sPerspective/sPosteriori (considered to be true based on experience, observation, or existing data)ProceduralTacit (understood or implied without being stated.)Topic/ subject SpecificTrivia | AgencyBelongingCareer / study goalsCareer/ study goalsConfidenceCulturalFamilyFuture/sHobbiesInterest/sPersonal ConnectionsLanguagePersonal EnterpriseSelf-regulationValue/sVocabulary | Action/sConnection with othersChange in myselfChange in others.Decision/sFeedbackImpact on self or othersJudgments  KnowledgeLearning experience/sLearning strategy/iesNew idea/sOpportunity/iesPerspective/sPhysical changePlan/sPresentationProductObjectQualificationUnderstanding/sUseful space or product |