

Learning and Development

Reflection Questions

“We do not learn from experience... we learn from reflecting on experience.”

— John Dewey

As you finish each lesson, take a moment to pause and think about what stood out for you and how it related to your work. Answer the questions below to help you reflect on and actively apply the learning.

- 1) What stood out for you in this lesson?

- 2) How does this relate to your current work?

- 3) What is one small change you will make, or step you will take, to apply the learning?