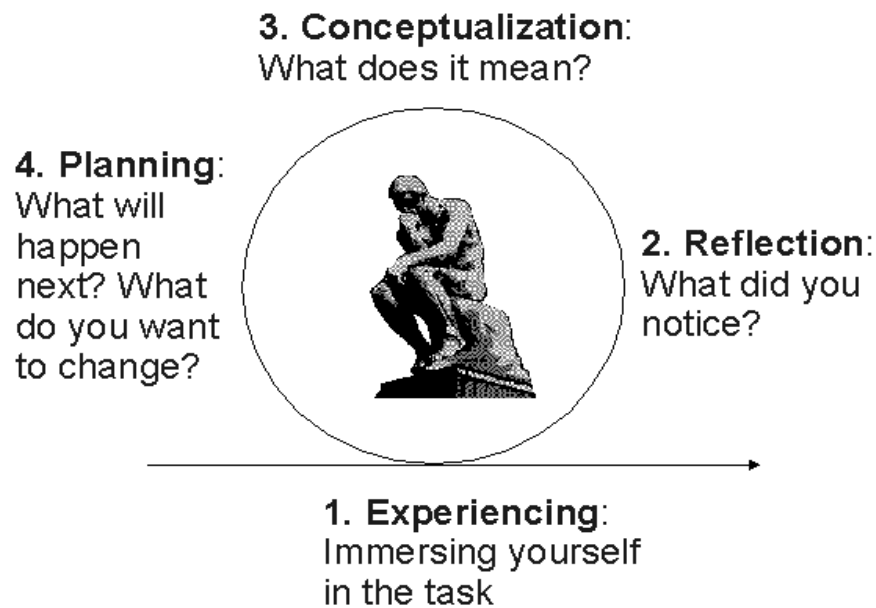


Group reflection exercise

There is no point thinking back on your experience of group work unless it helps you improve your work or study in the future. The idea of reflection is to escape from the cycle of repeating your mistakes. David Kolb's Learning Cycle is based on the idea that the more often people reflect on a task, the more often they can modify and refine their efforts. He talks about 4 stages in the reflective process:

David Kolb's Learning Cycle



Steps to group reflection

1. **Experiencing:** You have already completed Kolb's first stage, Immersing yourself in the task. Now—
2. **Reflection:** Reflect on the question, "What did you notice about the way your group undertook its tasks?"
3. **Conceptualisation:** Interpret your answers to question 2. What does each mean?
4. **Planning:** Think about groups you will have to work in the future. What would you want to change about how future groups work? How will you change your own contribution to the group?

Kolb, D. A. (1984). *Experiential learning: Experience as the source of learning and development*. Englewood Cliffs, NJ: Prentice Hall.