

# REFLECTIVE LEARNING

## FB-LS Workshop - Module 3

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**FB-LS**

### **FINANCIAL & BUSINESS LITERACY IN SPORT WORKSHOPS**

Module 1: Entrepreneurship Career

Module 2: Continuing Development and Self-Improvement

Module 3: Reflective Learning

Module 4: Managing Individual Change

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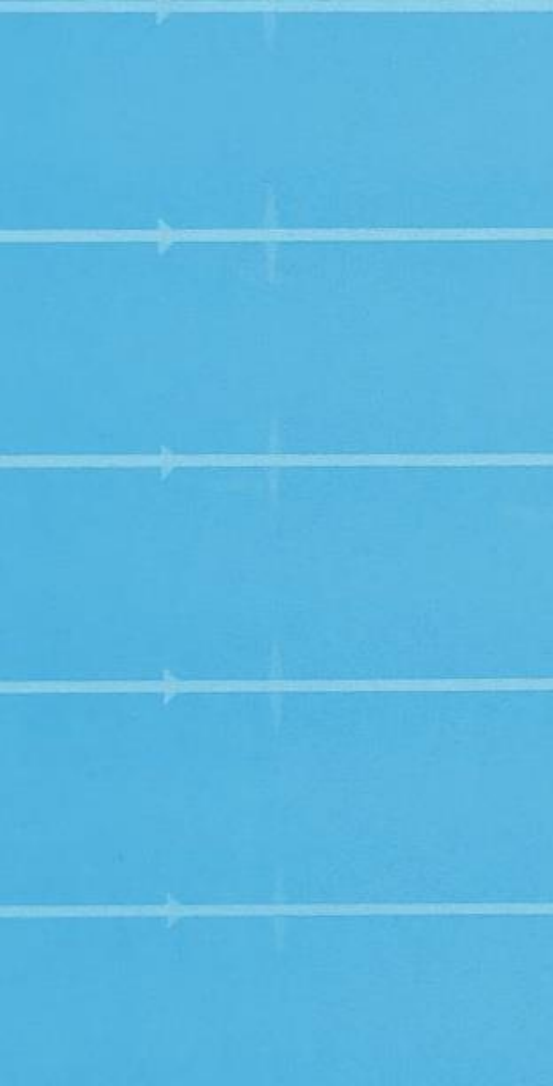
These modules are available in the following languages: English, German, Serbian, Slovenian, Macedonian and Lithuanian. Please visit the project website at [www.fb-ls.eoaolympic.org](http://www.fb-ls.eoaolympic.org)

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# ***WHO ARE YOU?***





# ***WHAT IS REFLECTIVE LEARNING?***

- Involves actively thinking about experiences
- Analysing experiences
- Helps to develop critical thinking skills
- Improves future performance
- Active not passive
- Helps make sense of confusing situations





# HOW?

- **SELF-REVIEW**
- Personal Development Program
- Peer review
- Reflective Journal/Log
- Critical Incident Reports
- Training log
- Film competitions/training
- Audio recordings





# **REFLECTIVE WRITING**

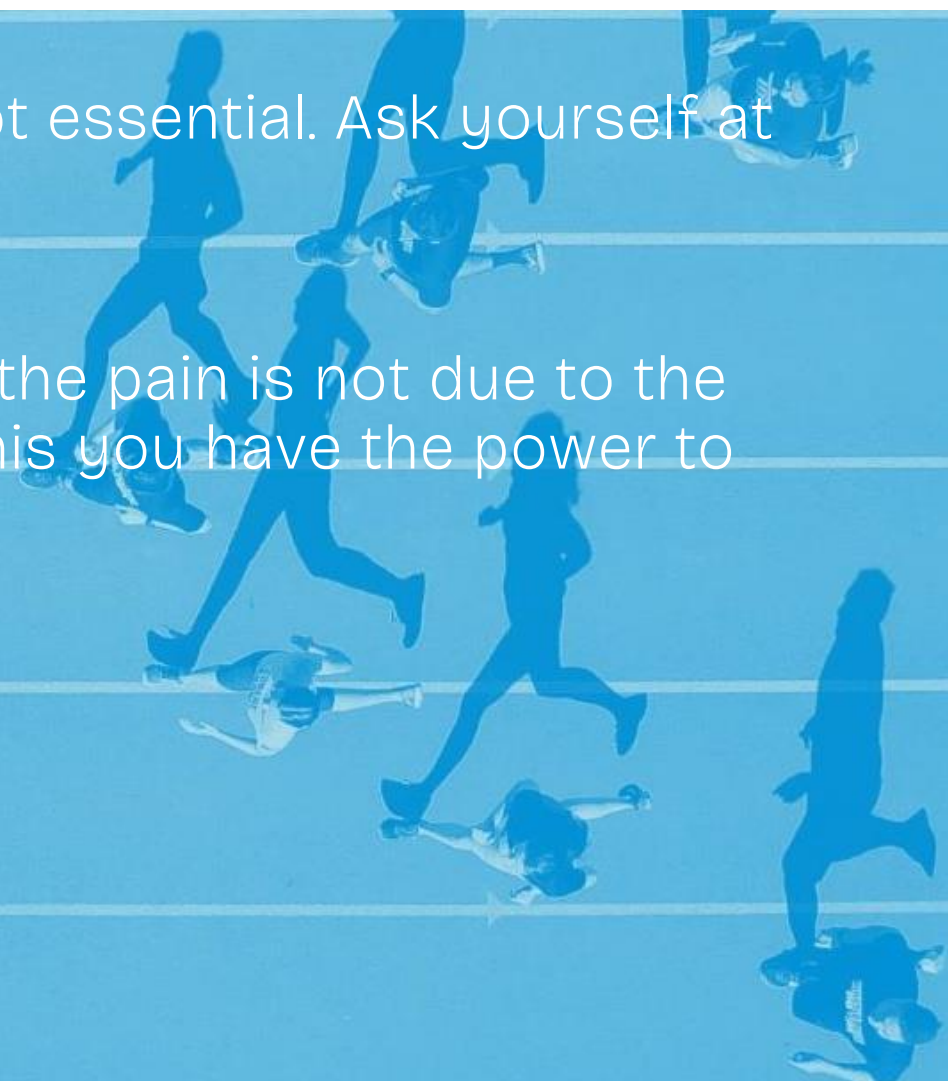
- **JOURNAL**
  - personal or professional
- **LEARNING DIARY**
  - similar to a journal but involves group participation
- **LOGBOOK**
  - used in experimental work, new ball hold/pass, technique change, record of the process
- **SELF-ASSESSMENT**
  - write your thoughts on own work





# **ANCIENT THEORIES – MARCUS AURELIUS**

- “Because most of what we say and do is not essential. Ask yourself at every moment, ‘Is this necessary?’”
- “If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment”





# ***BUDDHISM***

“The world is a looking glass. It gives back to every man a true reflection of his own thoughts. Rule your mind or it will rule you.”

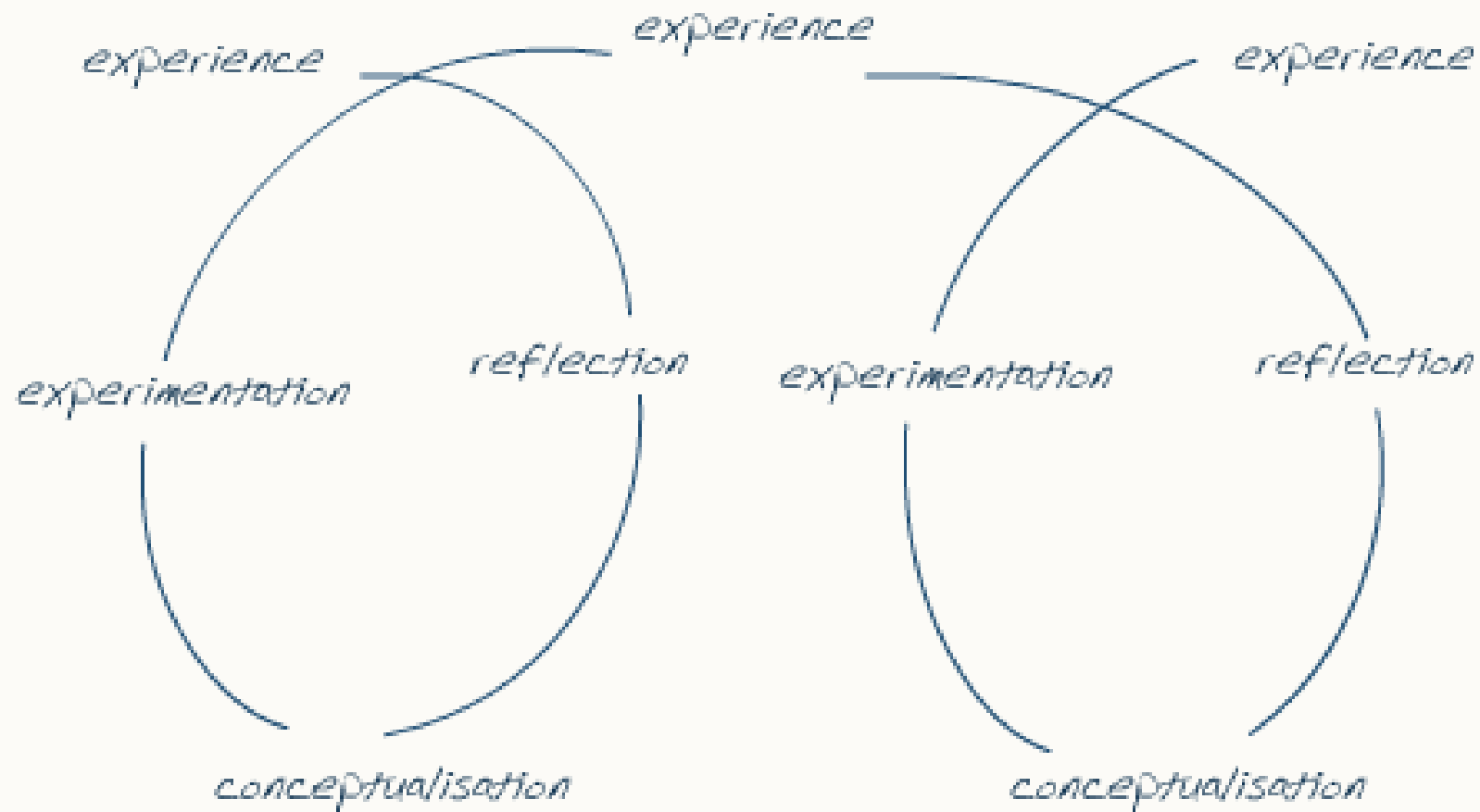
— ***GAUTAMA BUDDHA***



# REFLECTIVE LEARNING THEORY



## Dewey's Developmental Spiral







# **HATTON AND SMITH REFLECTIVE LEARNER**

## **THINK LATERALLY**

- Realise that data can be interpreted many different ways
- Look at problems from different angles
- Seek innovation

Allows **TIME** to pass after action, then **REFLECT** upon it

Use **ALTERNATE** mediums to reflect

**CONSIDER** different points of views

**CYCLICAL**





# **HERMANN - CURB ID**

## **REFLECTIVE BENEFITS**

### **BENEFITS OF REFLECTIVE LEARNING**

- **CREATES** meta-cognitive skills
- **UNDERSTAND** experiences
- **REFRAMES** knowledge
- **BUILDS** lateral thinking
- **IMPROVEMENT** becomes inherent
- **DEVELOPS** autonomy





# ***BARRIERS***

- Not always easy
- Barriers exist in our world
- Some personal, some professional, some internal, some external
- Trick is to minimise and breakdown these barriers





# ***ENVIRONMENTAL BARRIERS***

- Money
- Access
- Team/Club/Sport structures
- Power Play
- Politics
- Poor Leadership/No support
- Excessive short-term focus





# ***PERSONAL BARRIERS***

- Motivation
- Stubbornness
- No importance placed on process
- Fear
- Work Ethic/Procrastination





# ***OVERCOMING BARRIERS***

- Respect
- Remove micromanagement
- Encourage individuality
- Positive Leadership
- Tailored programs for learning
- Keep it interesting





# ***STEPS TO SELF-AWARENESS***

## ***ASK YOURSELF***

- WHO are you?
- Do you really know YOURSELF?

- 1. LOOK*** at yourself more objectively through daily reflection
- 2. KEEP*** a journal
- 3. ACKNOWLEDGE*** positive and negative traits
- 4. PRACTICE*** mindfulness habits (e.g. meditation)
- 5. CONSIDER*** taking personality and learning needs tests
- 6. ASK*** for feedback



# ***IMPORTANCE***

- Future needs
- Supporting development
- Enhance cost-effectiveness of training
- Reduce/Remove possibilities of corruption
- Help athletes/coaches to know themselves
- Commitment to club/team
- Increased employee engagement
- Increased ROI





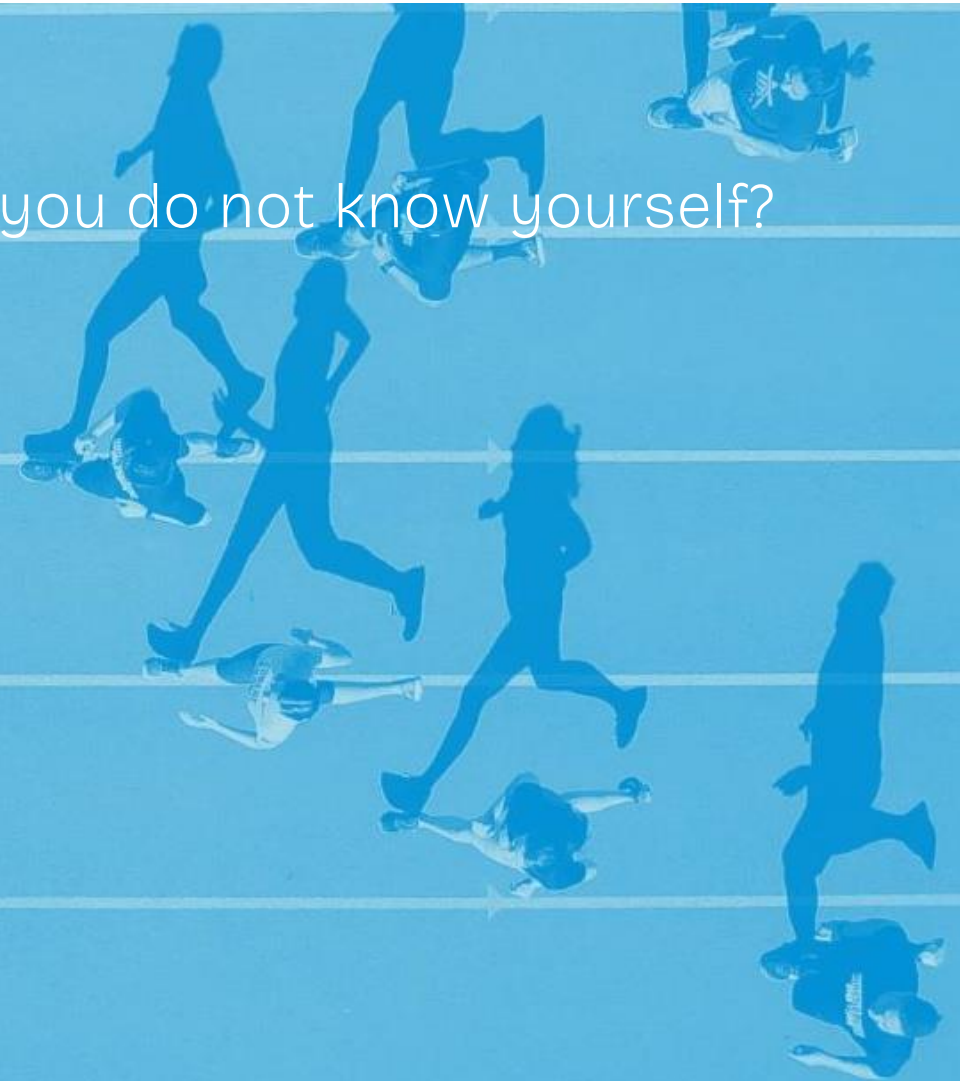


# ***SELF-AWARENESS/ REFLECTION***

- Understanding yourself
- How can you create synergy with others if you do not know yourself?

## ***THE THREE KEYS:***

- Key to development
- Key to improvement
- Key to prosperity





# **QUESTIONS?**

