

INTRODUCTION TO AVIATION
UNIVERSITY OF SOUTH AUSTRALIA
TUTORIAL 1
REFLECTION

The 1-Minute reflection

'We do not learn from experience. We learn from reflecting on experience'.¹

The 1-minute reflection sheet is for you to write down the main points of each session that stood out for you. Reflecting helps you become more aware of the stages of your own learning and will enable you to build up your metacognitive skills over time. It is a great problem solving tool. Introduction to Aviation is rich in content, learning outcomes and therefore opportunities to reflect. Get into the habit of doing a 1- minute reflection after each tutorial or topic session, project meeting, or activity you undertake during the course or even at the end of the day. Critically reflect on the event or experience and ask relevant questions about its impact on you.

Do write something down after every new learning experience. Deconstruct and reflect on your experience by asking yourself:

- What I did (*describe*)
- Why did I do it? (*analyse*)
- How it went (*analyse*)
- My thoughts on this (*evaluate*)
- Could I do things differently next time? (*evaluate*)
- What I learnt (*reflect*)

You can use some supporting frameworks such as the STAR-L technique (situation, task, action, result – learning), or the SILO (situation, impact, learning, outcome) framework and of course the 1-minute reflection which you can build over time to be a 2 or 5 minute reflection.

Learning outcomes: Developing your critical thinking skills through reflection

- Enabling you to direct your own learning
- Encouraging you to engage in a number of metacognitive techniques.

Some questions to get you started or if you prefer note what you learned from this tutorial.

Q How did you learn from today's discussion on culture and communication?

¹ Dewey, J. How we think. Chicago: Henry Regnery, 1993

Q What was the most new and significant [useful, meaningful, surprising, etc.] learning from this session?

Q What do you learn about the interplay of cultural interfaces in aviation from this session?

Q What question(s) remain in your mind at the end of this session?
