


THINKING FRAMEWORK: REFLECTIVE LEARNERS

Do you wonder why some people pick up complex briefs or topics easily while others struggle? Given similar levels of intelligence, this difference may boil down to their learning style. This thinking framework looks at one particular learning style - Reflective Learning – and sheds light on how reflective learners can learn more effectively.

 15 minutes

 Print page 4 to 8 of this framework

 Have a question? Send a mail to help@mindn.ai

 The information on this framework is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

 **NOTE**

It is strongly recommended that you take the “Learning Styles Assessment” and review the assessment report before using this thinking framework. This will help you derive more value from this thinking framework.

Learning styles refer to how individuals prefer to learn and process information. These preferences influence how people perceive, interact with, and remember information. There are many types of learning styles. This document will focus on the **reflective learning style**.

Reflective learning style refers to the preference for learning through careful consideration, contemplation, and self-analysis. Individuals with a reflective learning style often thrive in settings that encourage thoughtful examination, introspection, and information processing at a deeper level.

According to Felder's learning styles model, reflective learners have strengths and limitations that can impact their learning process. You may or may not have all these strengths or weaknesses. However, knowing more about things holding you back from effective learning will be helpful.

Let's try a simple exercise to see if you exhibit characteristics that reflective learners possess, as per Felder & Silverman's model. This exercise will help you gain greater insight into your learning style, especially if your assessment classifies you as a reflective learner. It will also help you decide what aspects of the reflective learning style you need to work on.

Before you start this exercise, here are a couple of pointers to keep in mind:

- This thinking framework is designed to help you go deeper into your learning style and identify factors affecting your learning.
- This exercise is a thinking framework and not any clinical evaluation.

So, here's what you will do now. Read the instructions before you start filling out the details.

TO BE FILLED

Reflective learners exhibit the following traits. Rate yourself against each of these statements.

Thoughtful Analysis: Reflective learners tend to carefully analyse and introspect their experiences and information to gain deeper understanding and insight.

Here's the rating key you will use

1 – Absolutely not true. Never.

2 - That's not true.

3 - That may be true.

4 - That's true most of the time.

5 - That's true at all times.

	1	2	3	4	5
I spend quality time analysing and reflecting on what I learned.					
I take time to process given information before making decisions or forming opinions.					
I prefer to work independently since this gives me time for introspection and analysis.					
I enjoy journaling my thoughts and experiences to gain clarity and insights.					

Critical Thinking: Reflective learners think critically to connect new information to prior knowledge to make informed decisions.

Here's the rating key you will use

1 – Absolutely not true. Never.

2 - That's not true.

3 - That may be true.

4 - That's true most of the time.

5 - That's true at all times.

	1	2	3	4	5
I take time to analyse and think through a task and the information available before deciding or taking action.					
I look at multiple perspectives and information sources before forming an opinion.					
I often reflect on past experiences to gain insights and learn from them.					
I have a good grasp of my thought processes and how they influence my decisions.					

Metacognition: Reflective learners are often aware of their thought processes, which helps them monitor and regulate their learning.

Here's the rating key you will use

1 – Absolutely not true. Never.

2 - That's not true.

3 - That may be true.

4 - That's true most of the time.

5 - That's true at all times.

	1	2	3	4	5
I'm conscious of how I learn/pick up new skills.					
I take the time to think about and evaluate my learning progress.					
I spend time reflecting on what I have learned.					
I analyse my experiences to gain a deeper understanding of a topic.					

Overthinking: Reflective learners may overthink or ruminate on information or experiences, leading to delayed decision-making.

Here's the rating key you will use

1 – Absolutely not true. Never.

2 - That's not true.




3 - That may be true.

4 - That's true most of the time.

5 - That's true at all times.

	1	2	3	4	5
I find myself going around in circles when thinking about my past experiences and analysing them.					
I usually need more time to make decisions or act on something because I want to consider all the information carefully.					
I have been told that I tend to overthink or over-analyse things.					
I tend to go into a loop of thinking to the point of being indecisive?					

INSTRUCTIONS

-  01 You will find a set of statements/questions and a scoring key. Read each statement and use the scoring key to mark how characteristic that statement is of you.
-  02 There are no right or wrong answers.
-  03 Respond truthfully to all questions/statements. This exercise is meant to help you, which will be possible only when you are honest in your responses. Don't spend too much time thinking about your response. Your responses must be spontaneous.

SCORE INTERPRETATION

Here's the rating key you will use

- 1 – Absolutely not true. Never.
- 2 - That's not true.
- 3 - That may be true.
- 4 - That's true most of the time.
- 5 - That's true at all times.

Look at the statements in the tables below and rate yourself against a particular statement using the rating key. For example, place an or under "5" if you can recall information quickly and accurately. And so on....

Remember: you must respond to ALL statements.

Attention and Memory : No matter what kind of learner you are, strong memory and good attention skills are important since they enhance learning effectiveness.

Here's the rating key you will use

1 – Absolutely not true. Never.

2 - That's not true.

3 - That may be true.



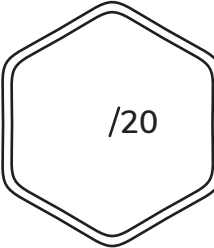


4 - That's true most of the time.

5 - That's true at all times.

	1	2	3	4	5
I'm good at remembering information I have learned.					
I can pay attention and stay focussed when I'm learning something.					
I can sustain my concentration for long periods.					
My colleagues think I have an excellent memory.					

Once you've rated yourself, here's what you must do.

- Add your ratings within each section and enter the total in the boxes representing the characteristics. For example, if you have rated yourself 4,3,2,5 against the statements under 'Overthinking', your score will be 14/20.
- Enter 14 in the chart below in the box 'Overthinking.'
- Repeat this process for all five areas.
- For all domains **EXCEPT** the "Overthinking" one, the higher the score, the better you are doing. Conversely, a lower score under a particular box indicates that you must work on that area to become a better learner.

 /20	 /20	 /20
Thoughtful Analysis	Critical Thinking	Metacognition
 /20	 /20	
Overthinking	Attention and Memory	

It is important to note that these characteristics are based on a particular model - Felder's learning styles model - and may not apply to all individuals who identify as reflective learners. Every learner is unique, and other factors, such as individual preferences, environmental influences, and learning context, can impact the strengths and limitations of reflective learners in practice.

This simple exercise will give you insights into your learning style and the areas of improvement. Now that you have these insights, let's move on to the next steps.

- Look at your scores in each box and list the areas where you think you can improve.
- Remember that these are not 'markers' of a high or low score. Scores are subjective. For example, you might consider a score of 21/25 in 'Critical Thinking' as good, whereas someone else might think it is not good enough.
- Once you have identified the areas you'd like to work on, head to the 'Learning Styles' page on the mind-n.
- Choose the area(s) you want to work on and use the tools to start working.
- After some time, repeat this exercise to measure your progress.

Remember, learning never stops. We wish you well on your life-long learning journey!



RELATED FRAMEWORKS

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