Reflection sheet

I observe…

1. What do I do during the lesson.
2. What does the facilitator do.
3. What do the rest of the participants do.
4. What happens in the beginning, in the middle, in the end? How are working groups formulated? Do I recognize the different elements of the lesson? Is my interest preserved throughout?
5. How do I feel.
6. How would I describe the atmosphere in the class.
7. What new knowledge or competences do I acquire.

I note…

1. Which were the expected learning outcomes?
2. Which teaching methods were used.
3. How was the lesson structured.
4. How I would characterize the material.
5. Was attention paid to the different interests, abilities, experiences and cognitive backgrounds of the participants?
6. Were the activities selected graded, relevant, appropriate? Did they facilitate the gradual building of knowledge? Did they address different learning styles? Did they contribute to the cultivation of skills? Did they contribute to the approach of emotional and social goals?