



## LESSON 3. "Moments of reflection"

After looking at the tasks and resources, we should also look at the learning process. Ultimately, STREAMpreneur aims for children and young people to learn. In classical formal education, we would think of exams. In youth work, however, reflecting on the experiences made is more appropriate. We should plan times and methods for this. Let us briefly look at what we mean by reflecting and then consider which approach is easy to implement.

Let's first look at the questions of what reflecting is and why reflecting is relevant. In the Reflective Practice Toolkit of the University of Cambridge we find the following idea:

Imagine coming home at the end of a really bad week where all sorts of things have gone wrong. When you walk through the front door, you are confronted with a time machine that takes you back to Monday morning so you can relive the whole week. You take this opportunity to reflect on what all went wrong and what you could do to put things right, and to try to repeat the things you did right. It may not look like it, but it is a reflective practice - we think about our experiences to learn from them for the future. In real life, you probably don't have access to time travel, but you can undertake activities to reflect on our experiences, learn from them and develop an action plan for how we will move forward.

Reflection has many benefits, both on a personal and professional level, and can help you focus on planning future experiences.

- Reflective practice allows you to look at the bigger picture. Regular reflection can help you think about your goals and your plans for the future.
- It can also help to solve the problem of talking to yourself. We all have a little voice in our head that reminds us of all the things we could have done differently in certain situations. Reflecting on an experience can help to use that voice to learn and move forward from what we have done.
- It shows us areas where we can improve or develop. Conducting reflections can help you think about areas you can work on and what you are doing well.
- Reflecting can help you to be more creative and try new things. It is very easy to get stuck in a rut and it can be helpful to think about what you are doing and why you are doing it. This can help to develop new ideas and ways of thinking.
- It is human nature that we all make assumptions about people and situations. Taking a step back and reflecting can help you challenge some of these assumptions and see things from a new perspective.
- Reflection is an essential part of emotional intelligence - the ability to understand and keep our emotions under control. This skill is beneficial both for our own well-being and for working with others.

If you are not used to reflecting, it can be difficult to know where to start. Fortunately, there are many models that can support you in your reflection. For our purposes, let's use one of the simplest models, Driscoll's What model.

Driscoll bases his 3-What model on three key questions:





- What?
- So what?
- What now?

By asking ourselves these three simple questions, we can begin to analyse and learn from our experiences. First, we should describe the situation or experience to put it in context. This will give us a clear idea of what we are dealing with. Then we should reflect on the experience by asking: "What did we learn from it? In the final phase, we should think about what action we will take as a result of this reflection. Will we change a behaviour, try something new or continue as before? It is important to remember that as a result of the reflection there may be no changes and we may feel that we are doing everything as we should. This is equally valid as a result and you should not worry if you cannot think of anything to change.

To have a little more variation, you can also use the following questions.

- What have I learned?
- What do I need to learn more about?
- Why did I feel the way I did?
- What was easy?
- What went well?
- What was difficult?
- What went badly?
- How can I improve in the future?
- I ask myself what would happen if...?

These questions can be used in youth work with a variety of methods, many of which you probably already know. If you don't know them yet, do some research on the internet or ask colleagues for suitable approaches. Here we will give just one example of a reflection method that might be suitable for STREAMpreneur youth work. It is often called 5-finger reflection. By the way, this method is not only suitable for reflection, but also for mentoring conversations, for coaching, for the design of small group evenings or for the evaluation of activities. In this method, the hand serves as a memory aid and each finger stands for a question.

1. What went super well? (The thumb)
2. What should more attention be paid to? (The index finger)
3. What stinks? (The middle finger)
4. How are you doing in your relationships? (The ring finger)
5. What have you been short of lately? (The little finger)

This is just a short example and of course many other methods are possible. Be creative and involve the young people and stakeholders as well.

The last question that remains is when are the right moments for reflection? We recommend to end each task at least with a short reflection along the lines of "What? - So what? - What now? After major steps and at the end of the STREAMpreneur activity at the latest, however, you should take time for a detailed reflection. Now take another look at the task plan, which also shows the time frame, and plan concrete moments for reflection.



After the tasks and resources, you have now worked on the third aspect of design and development by planning the moments of reflection. The now following and last aspect is the review of the cost-benefit ratio.

*[Assignment: Share a (short) description of your favorite method for reflection to be used in your planned STREAMpreneur activity in the forum in the section "Methods for reflection". Ask other forum members for feedback and give feedback on other members' methods. This is a good opportunity to exchange ideas and inspire each other.]*

