LEARNING REFLECTION

WHAT IT IS

Individual reflection for setting the intention of participating in an online session or program

IDEAL FOR

Discovering and strengthening your personal relationship with the topic of the online event. It also sets the stage for an optimistic perspective towards learning

5-50

5-15 min

HOW IT WORKS

For participation-driven audiences, the moderator presents the goal (see "ideal for") of the exercise and invites learners to journal the following questions (see the back of this card).

After the learners have a few minutes to write down their thoughts, open up the floor for people to share their intentions and goals in the main virtual room. If you have more time, IT support can put learners in groups of 2-3 in breakout rooms and let them share their reflections. That way learners can get to know each other better and bond faster. In addition, the moderator gets to know their intention and can either adjust the online session or program if applicable or comment on what the session/s will or will not cover to manage expectations. You can also send out a questionnaire to get to know the learner's motivations and intentions in advance.

For content-driven audiences, turn this into a brainstorming session to connect with the topic and set the stage for diving deeper into it. Ask the questions in the following order (see back of this card), and invite learners to write their comments in the chat, on a collaborative online whiteboard, or turn on their microphones so they can say it out aloud. Note that they are only supposed to write keywords or up to one sentence.

After the end of a session, the moderator can come back to these questions and ask what else the learners would like to add to what they said at the beginning.

REQUIREMENTS

Roles:

- 1x moderator

Software:

- Collaboration whiteboard (Miro, Jamboard)

Supplies:

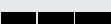- Writing material or note-taking app

CONSIDERATION CHECKLIST

☐ Conducting a single online session or a whole program? Consider incorporating questions in the #5 Digital Journey Map.

☐ If learners share their reflections in the main virtual room, make sure it's documented if you want to go back to this exercise later.

preparation · opening · main · closure · follow-up

social · input · assessment · reflection

Disaster Risk Financing & Insurance Program

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Questions to ask participation-driven audiences

- Why did you sign-up for the online session/program and what is your intention of participating?
- What do you hope to get out of the online session/program?
- How does this online session/program relate to your professional or personal life?

Questions to ask content-driven audiences

Ask the questions in the following order:

- Why does this problem matter?
- Why does the problem exist?
- Why hasn't it been solved already?
- Why might that change now?
- How does this relate to your professional or personal life?

INSPIRATION

[1] Exercise Example: Future Mapping

[2] Exercise Example: Critical Thinking Mindset

[3] Exercise Example: Reflection: Individual

[4] Exercise Sheet Example: Best Possible Self: Visualization Exercise

[5] Video (7:49): Working with Our Future Self

[6] Video (3:02): Best Future Self. Featuring Angela Duckworth

Global Risk
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