Creative Experience Self-Reflection

“We do not learn from experience. We learn from reflecting on experience.”
— John Dewey, American philosopher, psychologist, and educational reformer

Self-reflection is a crucial part of the learning process! It allows us to slow down and make meaning out of an experience, leaving us more self-aware and prepared to keep growing. The following questions follow the reflection model developed by Rolfe et al (2001) based on three categories: What? So What? Now What?

What?

What creative activity did you complete?

What were your initial expectations?

What was good/bad about the experience?

What was most challenging about the experience?

What was surprising about the experience?

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Creative Experience Self-Reflection continued

So What?
How did the experience make you feel?

What did you learn about yourself and others?

How are you different after this experience?

What values, opinions, decisions have been made or changed through this experience?

How did this experience clarify, expand, or create an interest?

Now What?
What would you like to learn more about, related to this activity?

What information can you share with your peers or the community?

If you could do the activity again, what would you do differently?

How can you continue your involvement with this activity?

How will your efforts on this activity contribute to your personal/professional development?