

Insight Out Learning: Introduction to the Session

Reflection

Purpose

The purpose of this session is to reflect on the various life and work experiences that the participants have been involved in.

The appreciation and true worth of an activity is often lost if not questioned in relation to how it has affected our thinking, approach, or understanding. This is particularly true if a learning experience requires participants to analyse and develop practice within imposed working structures. Participants will have found certain activities and experiences frustrating, challenging or obvious (common sense).

Spending time to evaluate what has occurred allows an opportunity to step back and appreciate the learning experience and contextualise both potential and the actual impact on understanding.

Application

Depending on how the models have been delivered and integrated into practical projects within the studio environment, the 'Reflection Session' should be geared toward the demands of the whole learning experience and not just the reflection on the models. Equally, in reflecting upon the learning gained in applying the models, the reflection needs to be geared toward the specific models that have been used.

The information provided in the 'Reflective Evaluation' identifies all models for evaluation. Clearly this should be modified to meet specific participant demands. Before students tackle any written personal reflection it is important to allow the student group to discuss the use of the models. This provides a mechanism to interact with others, hear differing points of view and presents the opportunity for each individual to reflect on their own personal experience prior to addressing it in a piece of written work.

Insight Out Learning

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Reflective Journal

In order to develop the skills of reflection and evaluation it is worthwhile requesting that the participants keep a 'Reflective Journal' throughout the course of their learning. This will become an effective resource if targeted questions are used to stimulate internal dialogue and appropriate and reasoned entries into the Reflective Journal. The evaluation sheets that are provided at the end of all models can be used as a starting point for reflective practice.

Duration

This session should be delivered within a suitable timeframe to allow appropriate discussion, usually about 2 hours. The facilitator should be sympathetic to participant engagement with the tasks and move the session on as appropriate.

Resources Required

- Flip Chart
- Paper and Pens
- Post It Notes

Session Guidance for Facilitators

Insight Out Learning - Reflection

Contents: Session Guidance

Reflection Questions

Handouts for Participants

Insight Out Learning – Reflection:

Contents: Planning the Future

Reflection Motives & Values

Reflection Future History

Reflection RISKIT

Reflection Business Blueprinting

Gaining Further Information, Support and Good Practice.

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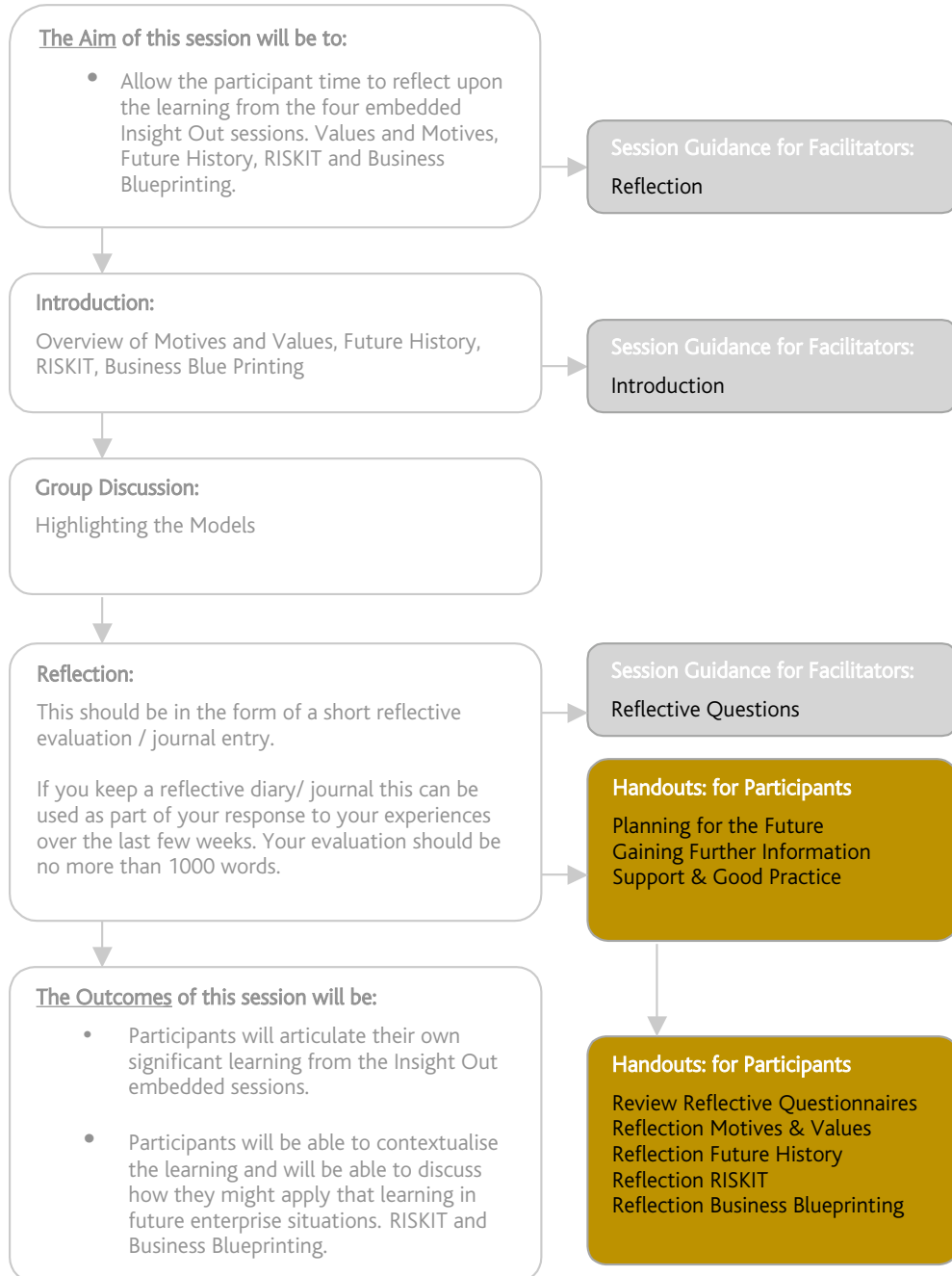
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Insight Out Learning: Reflection Flow Chart of Session



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Insight Out Learning: Reflection

Session Guidance: Aims & Outcomes

The Aim of this session will be to:

- Allow the participant time to reflect upon the learning from the four embedded Insight Out Learning Sessions:
 - Motives & Values
 - Future History
 - RISKIT
 - Business Blueprinting

The Learning Outcome of this session will be:

- Participants will articulate their own significant learning from the Insight Out Learning embedded sessions.
- Participants will be able to contextualise the learning and will be able to discuss how they might apply that learning in future enterprise situations.

Overview: Insight Out Learning Sessions

- Group Task: **Reflective Questions Discussion**
- Materials: **Flip Chart, Paper and Pens**
- Handouts: **'Planning The Future'**
'Gaining Further Information, Support & Good Practice'

Discussion Introduction

The Group discussion should be guided by the facilitator to address some / all of the questions identified in the '**Reflection Guidance**'. These questions also form the basis for the written '**Reflective Evaluation**' that each participant should complete.

Discussion should be informal and as in all other sessions, the facilitator should aim to stimulate and encourage contributions from all participants.

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Insight Out Learning: Reflection

Planning The Future

Information for Participants

This should be in the form of a short reflective evaluation / journal entry. If you keep a reflective diary/ journal this can be used as part of your response to your experiences over the last few weeks. Your evaluation should be no more than 1000 words and should consider the list of questions that follow.

Information for Facilitators

Issue participants with the handout 'Planning The Future' and ask them to complete all sections. The purpose of this exercise is to develop the next stage of the participants career planning and progress the learning from Insight Out Learning so that the participant has a clear understanding of the next steps to achieving their goals.

The participants should review all the written materials that they have compiled to support them with this activity.

Insight Out Learning: Reflection

Compiling the Materials

Information for Participants

Bring together all the written and visual materials you have worked on throughout all of the sessions. This must be organised in chronological order according to the various sessions that relate to the models you have explored. Your 'Reflective Response' should be included and attached at the back of this pack.

Information for Participants

Please ensure that you write you name clearly on the front and entitle the booklet/pack 'INSIGHT OUT LEARNING'.

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Insight Out Learning: Reflection

Session Guidance: Reflection Questions

Motives & Values: Self-Awareness

- What did you learn about yourself that you have previously not considered?
- Do your work colleagues or fellow students have a similar view of your values and strengths?
- Has a greater understanding of your motives and values made you more confident of your strengths and abilities?
- What do you feel is the relevance of your motives and values in relation to your potential career direction?
- Do you think that your motives and values will change or develop as your experiences grow?
- How important is it for you to understand the motives and values of the others you are working with?

Future History: Planning for The Future

- Does the Future History model help to support you with your career planning/ or possible future enterprise plans?
- Would you use the Future History exercise again?
- Are there any other situations that could benefit from using this model to plan for the future?

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Insight Out Learning: Reflection

Session Guidance: Reflection Questions

RISKIT: Understanding The Life Cycle of a Business

- Has awareness of this model made you analyse business and production methods more closely or has it confused you?
- If you found the model to be useful - What aspect of the business cycle are you most comfortable with?
- Do you wish your business to control the whole process of idea, production and delivery? - If so, what are the main rewards and responsibilities within that model and what are the pitfalls?
- Do you wish your business to control only certain elements within idea, for example - production and delivery and if so exactly what elements?
- What are your main rewards and responsibilities, what are the pitfalls of this particular model?
- If you found the model difficult or not useful – could you note why? If you understand why you found this difficult this may lead to you identifying a way to better analyse your potential business activities.

Business Blueprinting: Evaluating Business Activity and Operations.

- What aspects of your current activity can you plot on the Business Blueprinting model?
- What activities can you identify that will enhance your current experience (i.e. networking, presenting your ideas etc)?
- Why do you think it is important that you undertake activity within all sections of the model?
- Do you think that it is of value to look at a business in this way?
- In your personal view what are the real lessons to be learned from this model?

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