

Self - Reflection Checklist

Evaluating Your Learning Practices

- Do I design activities aimed at helping students remember what they learning?
- Do I periodically check with students to see if they remember what they've learned in a previous session?
- Do I consciously assess my learning environment for stressors?
- Do I provide learners with an opportunity to organize material in a meaningful way?
- Do I administer assessments as a way to encourage learning?
- Do I help learners to identify preexisting schemas that could help or hinder new learning?
- Do I provide opportunities for learners to apply new concepts in a meaningful way?
- Do I eliminate distractions?
- Do I maintain appropriately high expectations?
- Do I use a variety of teaching methods and materials?
- Do I ensure that the learning environment has sufficient visuals, tactile, and auditory stimulation to keep learners alert?
- Do I provide opportunities for learners to receive feedback from instructor and peers?
- Do I assist my students in identifying how they can be more effective in their study strategies?
- Do I allow students time to explain their answers?