IB LEARNER PROFILE

Inquirers
Knowledgeable
Thinkers
Communicators
Principled

Open-Minded
Caring
Risk-Takers
Balanced
Reflective
Reflective

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.
How can reflecting upon, and understanding our strengths and weaknesses support our learning and personal development?
Assemble in a circle for a reflection exercise
The Landing: Reflection Exercise

The Landing (from Jennifer Sawyer)

The setting should be quiet (maybe some relaxing music). Sitting in a circle facing one another.

- The teacher introduces the Landing, asking students to close their eyes and visualize all of their energy catching up with them and “landing” in their bodies here for this advisory.
- The teacher asks students to consider what it is they are carrying with them what they are bringing. What strengths do they carry or weaknesses/limitations or maybe both? Have a moment of silence then ask students to consider what they would feel comfortable sharing with the group.
- Begin to share students’ strengths and weaknesses with the group. Remind students to be aware of the time, keeping their comments to a few minutes so that everyone can speak.
- It is good to leave some space between comments, but you may need to encourage students to “keep the pace going.”

http://www.uvm.edu/~dewey/reflection_manual/activities.html#Starters (Adapted from Jennifer Sawyer used by Koliba & Reed in Facilitating Reflection. Changed/Adapted by Cowles, 2015)
Additional discussion questions

Did this exercise help you to consider the importance of reflection?

What value do you place on reflection? Do you think it helps you to grow personally and how?

How can evaluating our strengths and weaknesses help us to support our own learning?