



reflections

11RR Form Presentation

what is reflection?

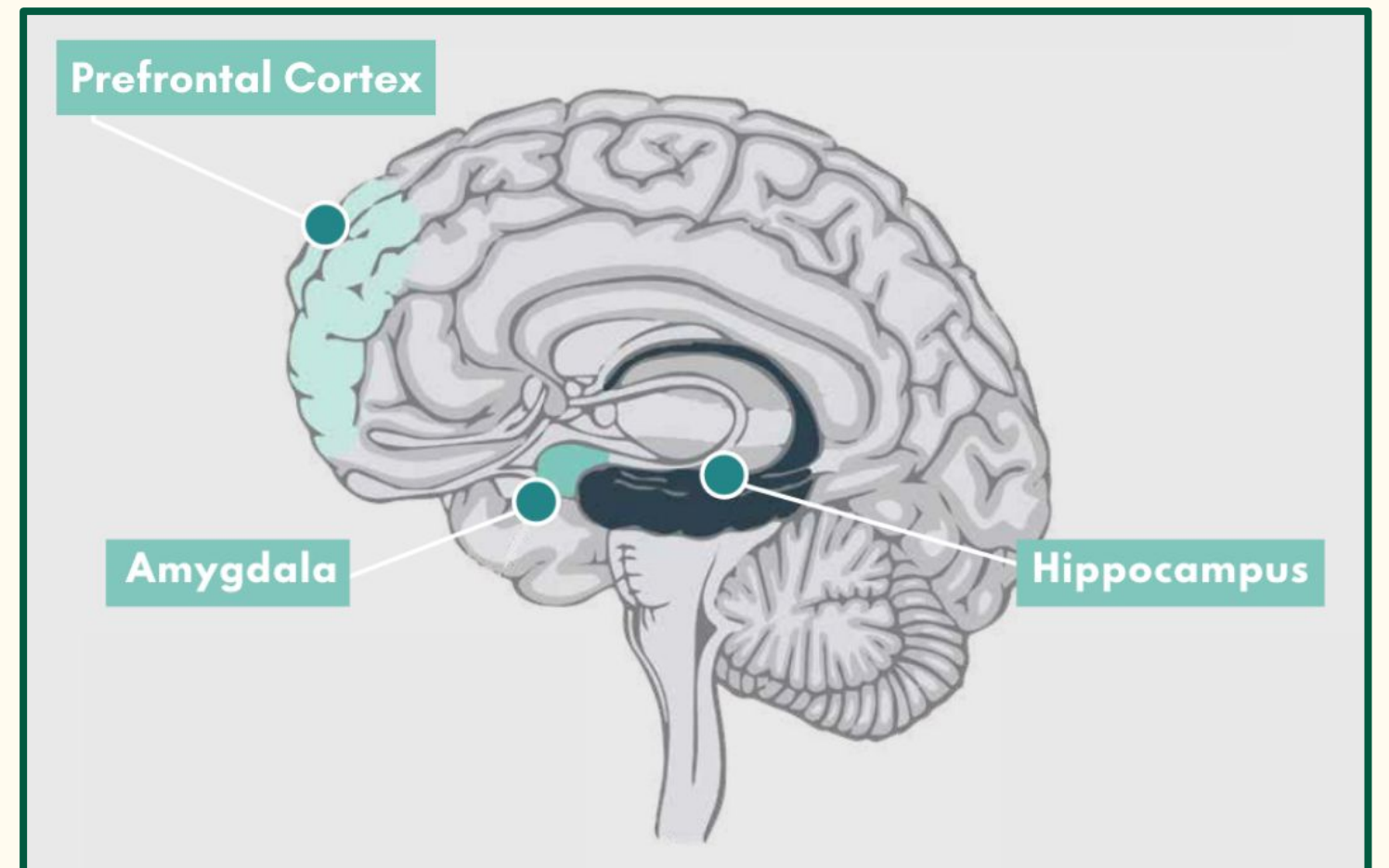
And what does it mean to reflect?

- Reflection is the process of carefully thinking about an experience, idea, or action in order to understand it more deeply and learn from it.
- To look back on what happened, consider why it happened, how it made you think or feel, and what it teaches you for the future.
- Helps gain insights that can guide personal growth, decision-making, or improvement.



the science behind reflection

- a cognitive and neurological process activates prefrontal cortex
- engages hippocampus → reinterprets memories
- memory reconsolidation allows memories to be updated with new understanding → can reframe them in a healthier way
- regulates amygdala → better stress management & control over emotions
- strengthens pathways related to emotional regulation & problem-solving
- improves self-awareness, long-term mental well-being & personal growth





reflecting on both the good & bad

Positive circumstances → motivational and encouraging, but can cause you to overlook problems

Negative circumstances → easier to learn from, but can be demotivating may cause comparisons



reflection without comparison

Comparing your experiences to others has been proven to increase negative emotions, such as anxiety and shame but....

Reflecting without comparison supports self-compassion and intrinsic motivation, helping individuals learn from both successes and setbacks while measuring progress against their *own* values and past experiences rather than others' lives.



what are some different methods we could use to practise reflection?

(1) journaling

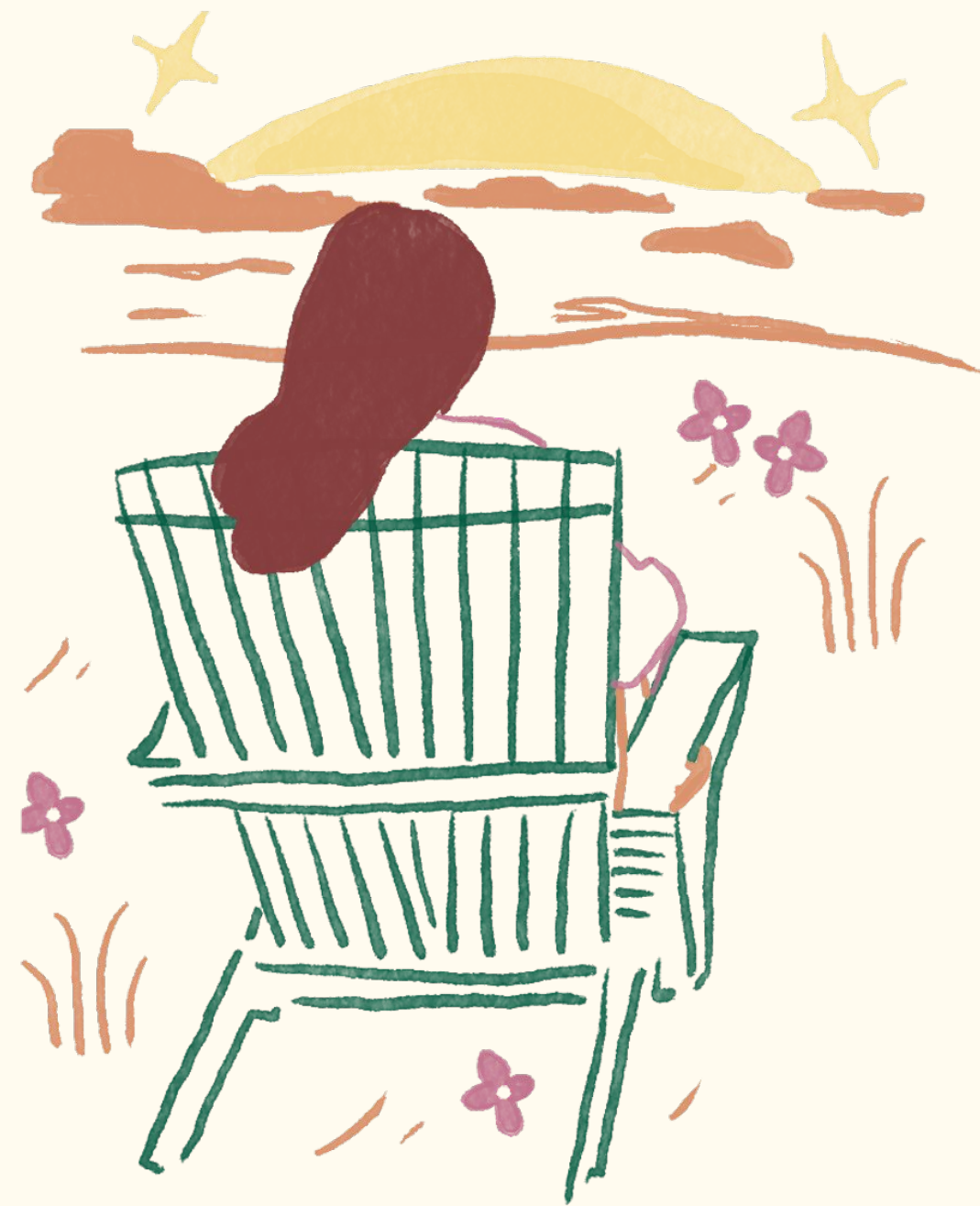
(2) creative outlets

(3) meditation

journaling



- Writing down events of a day e.g. how you felt at relatively regular intervals (e.g. once a day)
- Can track progress in any goals you have
- Can be used as a physical marker or reminder of events that have occurred or emotions
- Can help with things like stress and anxiety as a way to get thoughts and stress out of your head and into a more manageable perspective



meditation

- A practice where a person focuses their attention, often on their breathing, a word, or an image, to become more aware of their thoughts and feelings.
- pause from everyday distractions and examine their inner world honestly and calmly.
- Allows you to recognise what is really happening inside your mind instead of being controlled by stress, worries or negative emotions
- Overall, it supports moral reflection by encouraging people to think about right and wrong through quiet reflection.

creative outlets



- Using art, music, creative writing, etc to express emotions
- Less structured than journaling and so can feel less pressuring
- Can feel more representative of actual emotions
- Often, the actions themselves (in art and music especially) are calming and can help processing complex emotions/situations

how does this “empower our journey”?

Self-awareness

allows you to understand
why you may have done
what you did and
understand yourself better

Mistakes → Lessons

you can always learn from
what you have done to
change for the better

Confidence & resilience

helps remind yourself of
what challenges you have
faced and have overcome,
to strengthen your belief
in yourself

reflection & the pledge

Reflection often leads to positive outcomes, a good example of this is our school's pledge!

“We, the students, staff and friends of Kendrick School, pledge to uphold the values of friendship, kindness and respect.

We promise to stand against prejudice, ignorance and injustice in all its forms, promoting the values of equality, tolerance and justice for all.”

example: reflecting upon exams

- Understanding our experiences: recognising stressful and calm moments helps us become more aware of how we think, feel, and react under pressure
- Learning without comparison: focusing on our own progress and small wins builds confidence, resilience, and self-belief
- Using reflection to move forward: reflecting on mocks helps us identify what worked, what to improve, and how to better prepare for future exams





key takeaways

- It is always important to reflect on the past whether good or bad
- It is important to make sure that reflection does not become comparison
- Methods such as meditation journaling or creativity can help with this
- Overall reflection builds self esteem and boosts self awareness



thank you!

We hope you found our presentation to be useful!