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Using meta-reflection to enhance performance
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PARTICIPANTS and METHOD
Psychology students (n=10)
Cross over design (group A and group B)
Group A collect data weeks 1-6
Group B collect data weeks 7-12
Questionnaire, focus group, post intervention interview

ADVANTAGES
Maintains and stores permanent, accurate record
Reflections retrieved alongside similar reflections
Prompts and sorts
Technology available 24/7 through VLE
More systematic than traditional logs or journals
Facilitates analogical reasoning
Encourages students to be reflective practitioners
Reflections are used as an active learning tool
Frees cognitive capacity for novel aspects
Capacity to share reflections with peers
Potential facilitator of metacognitive learning

FUTURE
Develop database (DB)
Enable access to shared reflections
Extend DB ‘meta-reflection’
Reflect, evaluate, reflect...
Adapt CBR tool to develop DB into intelligent system

SELECTED ABRIDGED INTERVIEW EXTRACTS

Did you enjoy using the spreadsheet?
...it made me look at what was a problem (P1)
Very much so! It helps me with my stress management (P2)
I found it really useful...it was easier to complete my reflective journals after
...it gave me time to reflect on a problem...it was actually quite enjoyable (P3)
...it was really nice to think about how I’ve improved and assess myself (P4)

Did you like the headings?
I’m not very good with computers, but I managed (P1)
...the guidelines and distinct boxes helped focus what I was writing about (P3)
I found it really helpful having those boxes and every box helped me lead onto the next one
It flowed really well, thinking about how you dealt with issues...each box directed me (P4)

Did you add any columns?
It was broad enough to cover all aspects of what was worrying me (P1)
I ended up finding that there were boxes...it got the questions you ask yourself
Reflecting on past present future, how are you going to apply this?
...not just looking back, but looking forward too

Would you say it was useful?
I learnt to identify strengths and weaknesses (P2)
You could go back again and question what you would do differently?
What was correct that led to a successful outcome? What would you change next time? (P3)
I want to know what am I learning; how I’m improving...my strengths and weaknesses
Interesting. I was in an experiment, the subject, and I was analyzing myself. It was really
...I like to be directed. I’m not very confident thinking outside the box...I liked the structure (P4)

Would it be valuable to share reflections with peers?
It would be because you can track a difficult topic and see how other people deal with it...
It is like having a peer review all the time. I think everyone would gain (P4)