

# Reflection

## Why do we reflect?

When we take time to reflect on past situations, we can learn from our mistakes and improve our future outcomes. It's important to think about what went wrong and identify areas where we need to improve. Reflecting on past experiences is a part of how we learn and grow.

Reflecting once initial feelings have calmed down can be useful as we think clearer. This helps us to think **'could I have done this differently?'** and **'what would of**

## Levels of Reflection

REMEMBER

WHAT DID I ACCOMPLISH?

UNDERSTAND

WHAT IS IMPORTANT ABOUT WHAT I DID?

APPLY

WHERE COULD I USE THIS AGAIN?

ANALYZE

ARE THERE PATTERNS IN MY WORK? IN MY BEHAVIOR?

EVALUATE

HOW WELL DID I DO? WHAT COULD BE DONE DIFFERENTLY?

EXTEND

HOW CAN I USE THIS KNOWLEDGE IN FUTURE WORK?

WHAT HAVE I DISCOVERED ABOUT MYSELF AS A LEARNER?

## TRY THIS AT HOME...BORTON'S MODEL OF REFLECTION.

WHAT?....

What happened? What was the situation?

SO WHAT?...

What were your thoughts/feelings? How did you react? What have you learnt from this?

NOW WHAT?...

What would you change if it were to happen again? How are you going to do this?

WE ARE HERE  
FOR YOU



## Tips for coping with exam stress

Exam stress can feel like a lot to cope with, but there are things you can do to improve your wellbeing. Here are some tips to help look after yourself:

### Looking after yourself during exam period:

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health
- Focus on yourself

### Looking after yourself on the day of your exam:

- Prepare your items the night before
- Start your day the best you can
- Try to ground yourself with a breathing exercise
- Take your time
- Remind yourself that it'll be over soon

### Looking after yourself after your exam:

- Try not to compare your answers to others
- Reward yourself
- Focus on next steps
- Relax before your next exam

Find more tips on your wellbeing at Mind.org:

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/#WhatIsExamStress>

**GOOD LUCK  
YEAR 11!!!**

## Revision tips

**Find a revision style that suits you.** Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background or revising with a friend (but do not let them distract you!).

**Look at past exam papers.** It means you can familiarise yourself with the layout and type of questions you'll be asked. Practise completing exam papers in the set time limit to improve your exam technique.

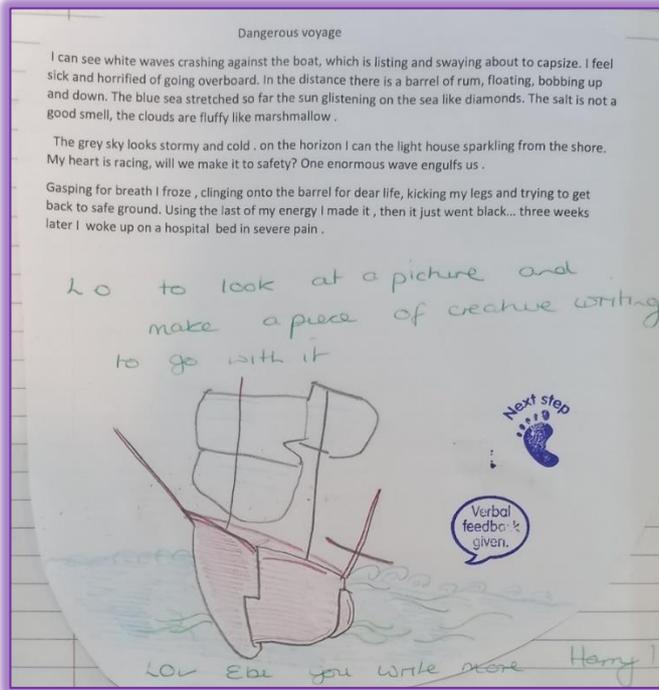
**Take regular short breaks.** Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious.

**Reward yourself.** For example, you could take a long bath, listen to music, spend time with friends or watch a good movie after your revision session.

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# This Week At Kettlebrook



Well done to Harry, who has written a wonderful descriptive piece at our Intensive Intervention Center.



Wednesday  
Liam and  
Eoin went  
bricklaying at  
NHBC.

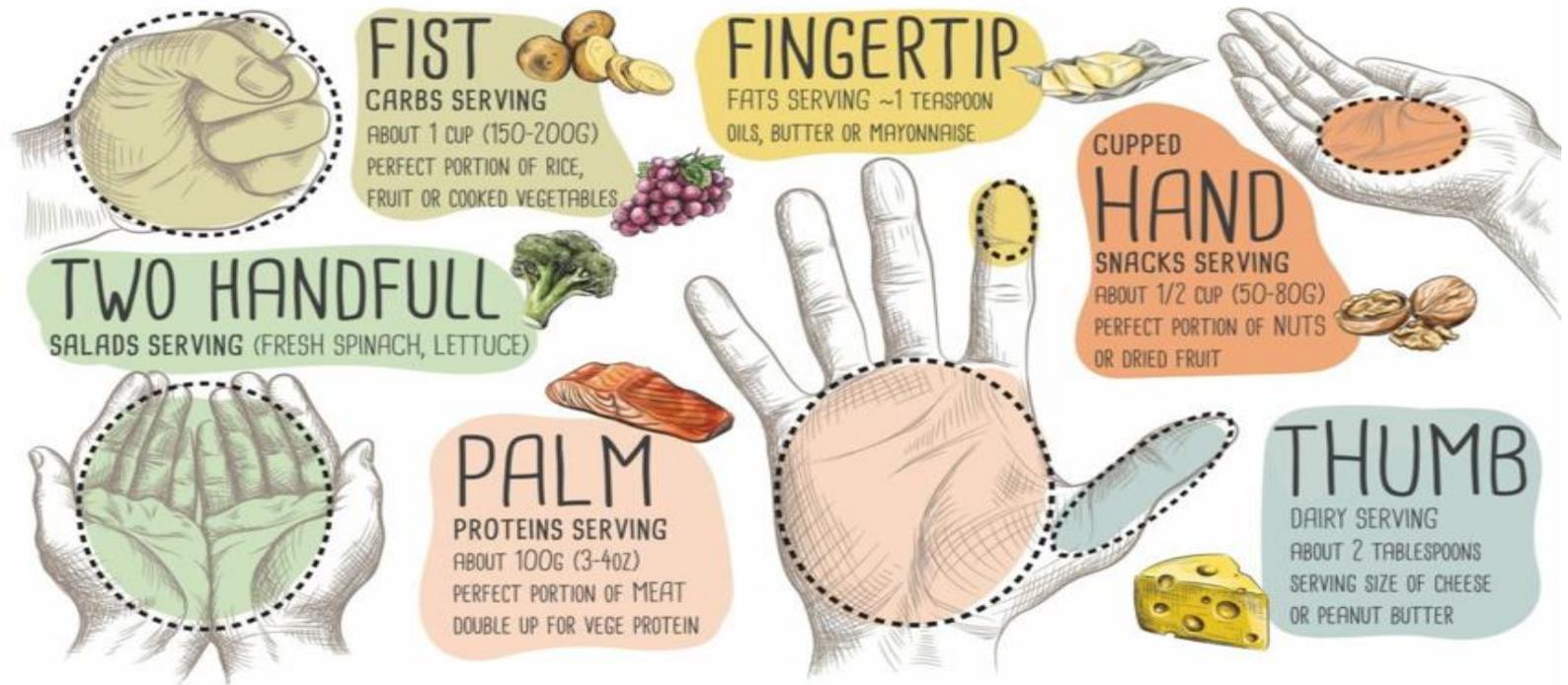
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## Mr. Hall's Health & Fitness

It's time to get out those measuring cups (you can even use your hands!) and see how close your portion sizes are to the recommended serving sizes listed on the Nutrition Facts label. Have you been going a little over?... That's okay! It's never too late to start correcting unhealthy eating habits. Start measuring your food to get an idea of what a healthy portion should look like. Once you got it down, just remember that half of your plate should consist of fruits and veggies, and the other half should be 25% lean protein and 25% grains. You can even add a serving size of fat-free or low-fat dairy to complete the meal!



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