



## Planning and Reflection

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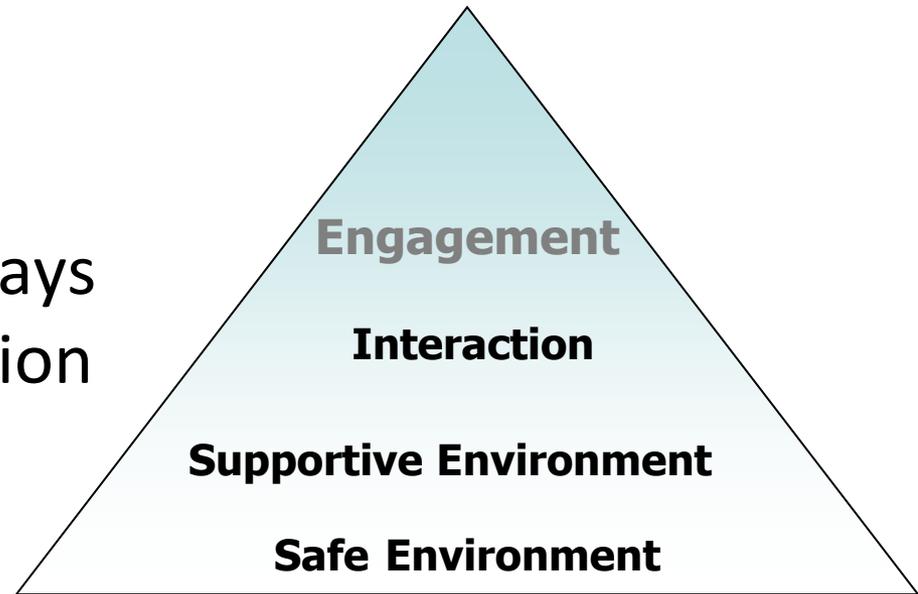
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# Planning and Reflection Workshop Objectives

- Participants will have the opportunity to explore the ways in which planning and reflection are done in their programs.



- Participants will gain experience utilizing planning and reflection strategies.
- Participants will understand the role that planning and reflection play in the experiential learning cycle.

# Icebreaker

Find someone with  
the same number  
card as you.

Try to get 4  
of a kind!



# Quality Construct: The Pyramid of Program Quality



# Opening Activity – Marshmallow Challenge

- Build the **Tallest Freestanding Structure**
- The entire marshmallow needs to be on the top of the structure. Cutting or eating part of the marshmallow disqualifies the team.
- Use as much or as little of the supplies- use as many or as few of the 20 spaghetti sticks, as much or as little of the string or tape. etc.
- Teams are free to break the spaghetti, cut up the tape and string to create new structures.



***You have only  
18 minutes!***

# Plan-Do-Reflect

- **Plan.** Young people become aware of and take responsibility for their thinking process. They are encouraged to analyze situations, set goals, consider a variety of resources, and be open to new approaches, alternatives, and solutions.
- **Do.** Youth make choices, propose initiatives, test different approaches, and carry out plans. They are encouraged to take risks and to persist in the tasks they design, even when faced with obstacles.
- **Reflect.** Youth reflect on the effectiveness of their actions in regard to their own objectives and in regard to the impact of their actions on others. They also consider and determine revisions to original ideas or plans that might have resulted in more desirable outcomes.

# Planning is choice with intention.

## Four ways that adults can support youth in planning:

- ❑ Including time for planning in activities
- ❑ Giving youth tools for planning
  - Often undermined by lack of structure
  - Varies by age of youth
- ❑ Making planning explicit
- ❑ Modeling Planning



# What young people may do as they plan

- Articulate ideas
- Make decisions
- Set goals
- Concentrate
- Express personal intentions
- Imagine and anticipate actions
- Shape intentions into actions
- Consider implications
- Analyze situations
- Deliberate
- Consider their own thinking process
- Open up to new ideas
- Take on a curious and inquisitive attitude
- Become involved
- Experience a sense of control
- Participate in increasingly complex ways

# Planning Strategies

- Backwards Planning
- Brainstorming
- Digital Camera
- Guided Journal
- Interviews
- Journal Writing
- K-W-L
- Lazy Susan
- Word webbing

**see Youth Methods Guidebook**

- Nails to hang your thoughts on
- Picture, diagram or collage
- Post-it<sup>®</sup> planning
- Rotation Brainstorm
- Scenario
- Think-pair-share
- Twenty questions

# Reflection is remembering with analysis.

- Consolidates knowledge so that it can be generalized to other situations.

Adults can ask youth to:

- Remember their experience
- Analyze their experiences
- Talk about, write down, and discuss their experiences.



# Reflection Strategies

- A rose and a thorn
- Comfort zone
- Ghost stone reflection
- Interesting objects
- Interviews
- Journal writing
- K-W-L
- Lazy Susan
- Learned so far
- Letter to myself
- Nails to hang your thoughts on
- Post cards
- Rubber band
- Standing the shadow of your success



# What young people may do as they reflect

- Recapture experiences
- Consider feelings connected to experiences
- Evaluate experiences
- Connect experiences to abstract principles about how the world works
- Refine their understanding
- Learn from experiences
- Engage in critical thinking
- Recognize accomplishments
- Make new plans



# The Value of Planning and Reflection

- Without planning and reflection young people are not able to make sense of what they have done.
- When incorporated it increases youth's ability to transfer learning to new setting and events.



# Thank you!

- Lingering Questions? Want more?
- Contact Us...

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