

CRITICAL THINKING SELF-REFLECTION

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. MIKE BEGINS BY SAYING THAT, “. . . EXPERIENCES PLUS REFLECTION EQUALS INSIGHT.”

Do you think there are certain kinds of experiences that lead to better insight than others?
Are there other elements that you think are also necessary for gaining insight? Explain your answer.

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2. WHEN IT COMES TO SELF-REFLECTION, MIKE BELIEVES THERE ARE TWO TYPES OF PEOPLE IN THIS WORLD: LEARNERS AND AVOIDERS.

Based on Mike’s definitions, do you think you’re more of a learner or an avoider? Why?
Do you agree with Mike’s definitions and the examples he uses for these two types of people? If not, why?

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3. MIKE SAYS THAT, “LEARNING HOW TO REFLECT . . . MADE ME FALL IN LOVE WITH MY FAILURES, . . . MY PAST, . . . [AND] WITH THE TIMES THAT I’D MADE MISTAKES BECAUSE I GOT AN OPPORTUNITY TO REFLECT ON THOSE EXPERIENCES AND GET BETTER.”

Do you enjoy reflecting on your mistakes? Do you share any of Mike’s sentiments on self-reflection? Elaborate on your responses.

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4. MIKE FEELS THAT SELF-REFLECTION IS KEY TO GETTING TO KNOW YOURSELF AND WHAT YOU CARE ABOUT – AND THAT WE COULD ALL BENEFIT FROM SCHEDULING OUT MORE TIME FOR SELF-REFLECTION.

If you had to schedule three half-hour timeframes per week to reflect, when would you do it? Where would you do it?
How would you do it (e.g., writing in a journal)? What are three questions you could ask yourself to help you start reflecting?

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5. MIKE ENDS BY SAYING, “. . . THAT REFLECTION LEADS TO INSIGHT; THAT INSIGHT LEADS TO ACTION; AND THAT ACTION . . . LEADS TO IMPACT.”

Think of an example (past or present) where this statement proved true.
Explain what happened: what sort of insight came from reflection, what action was taken, and what the impact was.

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