INSTRUCTIONAL STRATEGIES



Glow and Grow

This self-reflection strategy provides a way to consider what is going well and what can be improved.

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GLOW AND GROW

Summary

To promote self-reflection, learners think of a “glow” and a “grow.” A “glow” is something that went well on a project or assignment. A “grow” is one way that the project or assignment can be improved upon or taken to the next level.

Procedure

1. Assign a task for learners to complete.
2. After completing the task, have learners reflect on how the task went by thinking of one thing that they are proud of and one way that the outcome could have been improved.
3. An alternative way to use the strategy is to have learners write “glows” and “grows” when watching presentations delivered by peers. The feedback is then shared with the presenter.

Clark, T. (2020, July 15). Glows and grows: A positive framing for self-reflection. Clarity Innovations, Inc. https://www.clarity-innovations.com/blog/glows-and-grows-positive-framing-self-reflection