

Episode 11: How to Become a Reflective Learner

Confidence · Memory · Metacognition · reflection

By the end, you will have a three-minute habit that turns each study session into information you can actually use.

THE MOVE • The Three-Question Review

Three minutes after any study session. Answer honestly, out loud or on paper.

- 1 What did I actually do, and how did it go?
- 2 What worked, and what got in the way?
- 3 What is the one thing I'll do differently next time?
- 4 The rhythm: plan before you start, monitor as you go, evaluate when you finish.

USE AI AS A THINKING PARTNER • copy this prompt

I just finished a study session on [TOPIC]. Be my reflection partner.

Ask me the three review questions one at a time: what I did and how it went, what worked and what got in the way, and what I'd change. Then help me turn my answers into a single specific change for next time. Don't lecture me, just draw it out of me.

YOUR CHECKLIST THIS WEEK

- Take three minutes at the end of a session, before you walk away.
- Answer the three questions honestly, even the uncomfortable parts.
- Name one specific change for next time.
- Write it where you will see it before the next session.
- Next time, check whether you actually did it.

ONE SMALL BEHAVIOUR

After each study session this week, take three minutes to answer the three questions. Keep it small and honest. Watch the patterns start to show.