Name Surname WS.NO.

Reflective thinking is a cognitive strategy. It means to think deeply about yourself, your actions and your learning. It means to think about the meaning of what you do and what happens in your life. When you reflect, you examine your behaviour and learn from your successes and mistakes. This helps you to learn from experience. If you are able to reflect, you can analyse what you do, evaluate yourself and improve. If you can learn from experience, you do not make the same mistakes repeatedly.

When you actively apply reflective thinking, you carefully consider things that are important to you. You evaluate what you think and know, what you need to know more about, and how you will get to know more.

Reflective thinking is important because you live in a challenging world that requires you to use all your cognitive abilities. You often have to rethink and adapt your ways in order to cope with new problems, changes and difficult situations. Reflective thinking helps you to develop your cognitive skills because you get to understand your thinking, behaviour and learning strategies. If you just bumble on in life without applying reflective thinking, you will not cope.