

The Scale of Reflection-in-Learning (Sobral, 2000)

Please answer the items below in relation to your learning experiences in this course/in the MTEngage Program. Draw a circle around the scale number closer to your usual behavior.

To what extent have I: [1=Never 7=Always]

1. Carefully planned my learning tasks in courses.
2. Talked with other students or faculty about learning and methods of study
3. Reviewed previously studied subjects during each term
4. Integrated all topics in a course with each other and with those of other courses and activities.
5. Mentally processed what I already knew and what I needed to know about the topics or procedures.
6. Been aware of what I was learning and for what purposes.
7. Sought out interrelations between topics in order to construct more comprehensive notions about some theme.
8. Pondered over the meaning of the things I was studying and learning in relation to my personal experience.
9. Conscientiously sought to adapt myself to the varied demands of the different courses and activities.
10. Systematically reflected on how I was studying and learning in different contexts and circumstances.
11. Mindfully summarized what I was learning day in, day out, in my studies.
12. Exerted my capacity to reflect during a learning experience.
13. Diligently removed negative feelings in relation to aims, objects, behaviors, topics or problems pertaining to my studies.
14. Constructively self-assessed my work as a learner.

Taking into account the perceptions previously referred, I consider that my personal skill or efficacy to practice the reflective process is

() Restricted. I actually require extensive additional preparation (orientation, support,

evolvment, practice, and feedback).

() Partial. I just need incentives and opportunities.

() Ample. I have autonomy under favorable conditions.

() Maximal. I have full autonomy even under negative pressure (adverse context, no time).