Day 7 Summary

Reflection, Integration, and Action Planning

Learning Outcomes for Day 7

• Understand the importance of reflection and integration in deepening learning experiences.
• Apply action planning techniques to set clear, achievable academic or personal goals.
• Explore how Generative AI (GenAI) can support reflective practices and goal-setting.

Day 7 focuses on developing key skills in reflection, integration, and action planning to enhance both personal and academic growth. By reflecting on past experiences and integrating new knowledge, students can better understand their learning journey and create actionable plans for improvement. Generative AI tools like GPT-4 will be introduced to support students in these practices, offering tailored prompts and guidance for reflection and goal setting.

To start, you'll engage with Stephen Duneier's TEDx talk, *"How to Set and Achieve Big Goals,"* which discusses the importance of breaking down large goals into smaller, manageable tasks. This video highlights how consistent, small actions can lead to significant progress, directly linking to the day's focus on action planning.

Next, you'll participate in a **Forum Discussion** where you'll reflect on your own goal-setting experiences. You'll share how breaking goals into smaller steps impacted your motivation and progress, then engage with your classmates by responding to their reflections. This collaborative space will deepen your understanding of effective goal setting and action planning, and how these strategies can be applied in your academic journey.