

Week 5 – Sample Activity Instructions & Schedule

(from previous FLO workshop)

Activity Instructions and Schedule

Week 5 – Reflective Practice

Overview

Wow! Here we are at the last week, and it has been a journey to get here. The focus for this week is on developing our reflective practice as online facilitators. You will have the opportunity for individual reflection and partner coaching using the metaphorical mirror exercise as your Look Back encouraging you to review your contributions and learning moments throughout the FLO workshop. You will have a chance to Look Forward, to dig deeper into what you discovered about yourself and how this will impact your future practice.

Intended Learning Outcomes:

- Critically reflect on feedback and course experiences to self-evaluate work and learning
- Identify potential future applications of learning and practice

The Task

This week you will be given an opportunity to **Look Back** over the past five weeks (really 4 weeks since we are in the 5th week) at what you have learned and self assess your participation using the FLO Rubrics, your weekly journals, feedback, and other sources.

Once you have had a chance to reflect looking back, we invite you to participate in a metaphorical mirroring exercise with a partner.

With the results of your reflective practice this week, you will then be invited to **Look Forward** to share how you intend to apply what you have learned to your own online facilitation practice.

Our hope for all of us is that we can look at our metaphorical mirror and discover how it shaped our experience of the past five weeks, and in fact, how it might have changed through these five weeks.

Instructions and Timeline

What you need to do and by when:

1. Review your weekly journal posts, feedback, the [FLO Rubrics](#), and other sources from the past 4 weeks.
2. Individually reflect on your experience over the past 4 weeks.

By Monday evening, October 24th

3. Read the required reading located [here](#)
4. Think about your own metaphor and reflect on answers to the prompt [questions](#)

By Tuesday evening, October 25th

5. Connect with your partner using a **Google Doc** (see below for your group) to work together to coach each other through the metaphorical mirroring exercise.

By Wednesday evening, October 26th

6. **Post** the story of your experience with this exercise (including the results) in the **Looking Back: Metaphorical Mirror** Topic.

Use whatever medium you would like to illustrate your story or express yourself, e.g. post text into the topic, embed a video, link to other multimedia productions, draw a picture, record an audio file, etc.

7. Reflect on how this new experience will influence your future and/or present practice as an online facilitator and **post** your reflection in the **Looking Forward: Reflections** Topic.

Due Thursday evening, October 27th

8. **Post** feedback to this week's **Green Team Facilitators** on the [Feedback for Facilitation Teams](#) located in the **HUB** under **Ongoing Activities**.

9. Celebrate your accomplishments.

Due Friday evening, October 28th

Partners

Leonne	Bonnie	Brook Team	Google Doc
Cheri	SylviaR	River Team	Google Doc
Viviana	Judith	Creek Team	Google Doc

Resources

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- Metaphorical Mirror Examples
 - [Denise](#) (storyboard - scroll to bottom of storyboard to view slideshow)
 - [Denise](#) (narrative)
- [Claire](#)