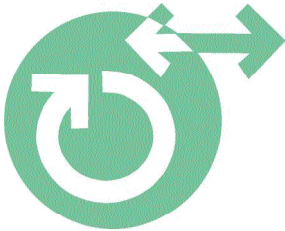# Two Sides of the Same Coin

Feedback

Feedback and reflection are two sides of the same coin, they complement each other in an individual's learning-process. Feedback is a *give and take* for all parties involved, such as peers, teachers, tutors and advisors.
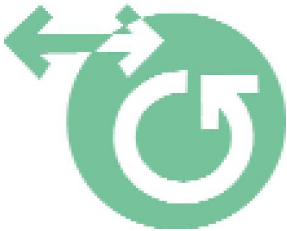
Practice giving Feedback
– Work at criteria for useful feedback.
– Balance between open and rigid feedback.
– Workload and benefits of feedback can be LARGE.
– Feedback takes place in dialogues, group discussions,
   written comments...
– Feedback concerns goals, expectations, motivation,
   progress, ideas...
– It shows where one stands, where one could go and how to continue.

The ePortfolio provides a useful basis for feedback (reflection, team-work, presentation, etc.) and is itself shaped according to feedback received, concerning:
– Layout,
– Choice of artefacts,
– Quality of writing,
– Grouping of pages,
– Invitation of relevant people,
– Your Reflection.

Two Sides of the Same Coin

Reflection

Reflection and feedback are two sides of the same coin, they complement each other in an individual's learning-process.
How to reflect one's learning? Reflecting comes naturally, it plays an important role in learning.
Yet it is a lot more efficient, if done consciously. Reflecting implies cognitive skills such as observing, analysing and making concepts.

Practice Reflecting
Choose an activity, e.g. writing a paper. Note why you chose
to write this paper, what you did, what you learnt, what you could do better and what else you could use this paper for.
This reflection could be discussed with peers or teachers, and be used for assessment. Both your paper and the reflection and feedback can be filed in your ePortfolio.

You will want to reflect on your ePortfolio
– What did you achieve last month?
– What helped or hindered you in achieving your goals?
– What can be learned from the experience?
– What have you added to your ePortfolio during the last month?
– What do these additions mean to you?
– Which are the actual goals for your ePortfolio?
– What do you want to achieve this month?
– Your Reflection provides an excellent basis for feedback.