

Immersion Worksheet

Use this worksheet to capture your reflections. Please print and fill out by hand or open and save to your desktop to fill digitally.

The Power of Reflection

What do you observe about the way children learn?

What have you forgotten about how we learned as a child?

What do you observe about the way you learn?

Does reflection play in part in your learning today? If so, how?

Why it's Critical

What resonates for you about Immersion?

What gets in your way of practicing this mode of learning?

What is one thing can you experiment with to improve your skills in curiosity, observation, empathy, accountability, and/or reflection?