

PREPARATORY DOCUMENTS

Greece, North Macedonia, Bulgaria - Kavala 2022

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Before the workshop, the participants are advised to do this preparatory activity individually, and bring their analysis to the workshop.

Using Gibb's reflective cycle, one of the most famous cyclical models of reflection on experience, analyse your experience of discussing something controversial: in the classroom with students, in the teacher room with colleagues, or at home with family and friends. The cycle consists of 6 steps **description – feelings – evaluation – analysis – conclusion – action plan**



Guiding questions

Description of the experience: What happened? Who was involved? What was the outcome?

Feelings and thoughts about the experience: What were you feeling then? What were the feelings of others involved? What do you think about the situation now?

Evaluation of the experience: What was good, and was bad? What did you and others contribute to the situation, positive and negative?

Analysis to make sense of the situation: Why did things go well or didn't go well?

Conclusion about what you learned and what you could have done differently

Action plan for how you would deal with similar situations in the future, or general changes you might find appropriate.