

# REFLECTIVE THINKING

METACOGNITION

## Why Think about Thinking?

John Dewey famously wrote, “We do not learn from experience; we learn from reflecting on experience.”

Dewey, J. (1933). How we think: A restatement of the relation of reflective thinking to the educative process.



**BY CONNECTING AN EXPERIENCE TO A SPECIFIC  
CONTEXT WE LEARN AND ADAPT**



**BY ADAPTING OR USING AN EXPERIENCE SO THAT WE  
CAN TRANSFER WHAT WE LEARNED TO A NOVEL  
SITUATION WE BECOME SUCCESSFUL**