

# HOW TO REFLECT

## Using the action-learning cycle

Law graduates are entering the market in the middle of a global pandemic, where the nature of the legal profession is changing.

A tip for law students, graduates - and certainly for all of us - is to reflect.

But how?

### 1. plan

Map out your actions.

Ask yourself:

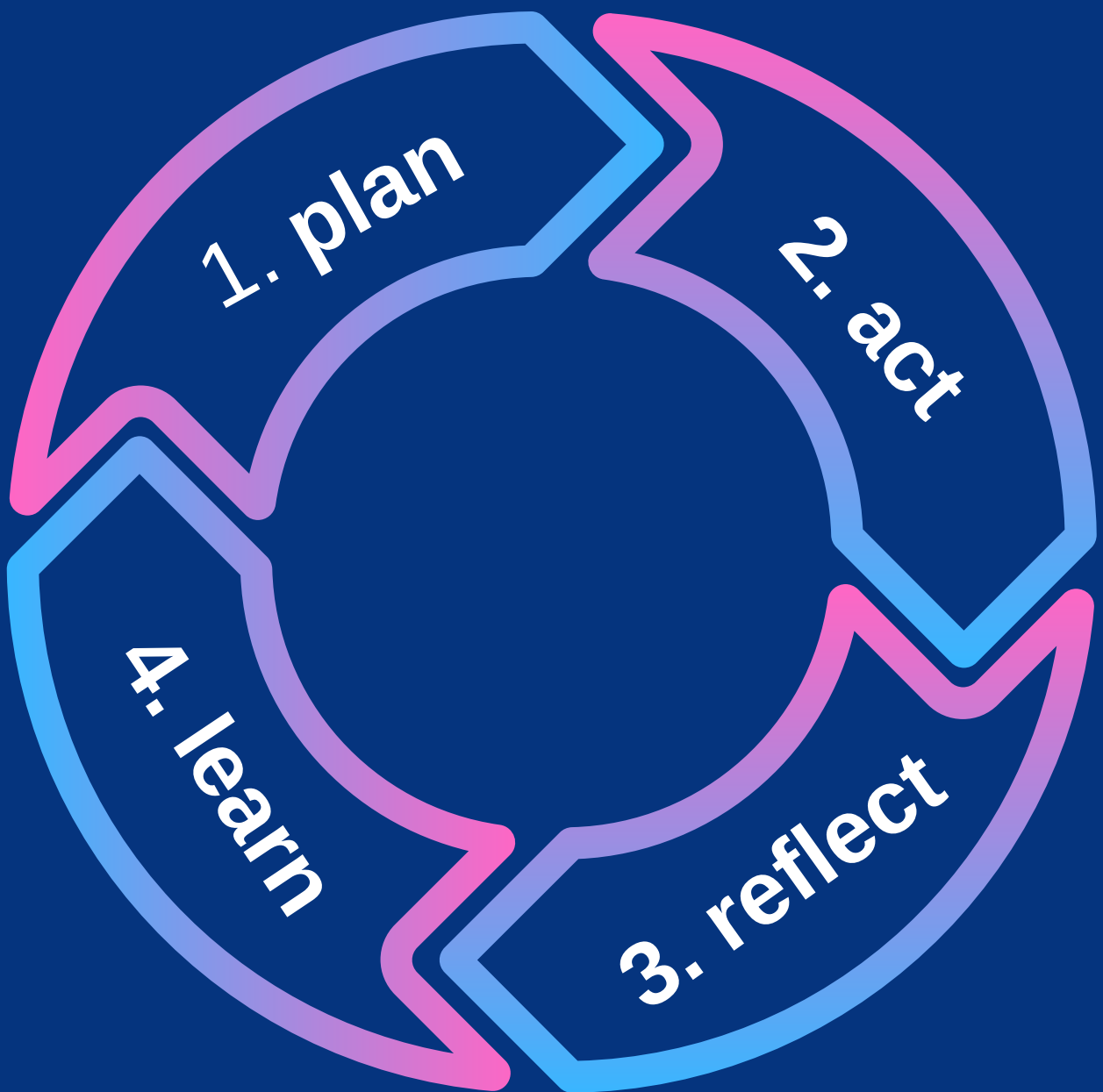
*What do we need to do now?*

*Will this make the next step easier?*

*Try to anticipate any bumps in the road*

### 2. act

Put your plans into action. Carry out the steps and work around any issues that may arise.



Learn from your mistakes and implement changes into your next planning phase.

### 4. learn

Look back at the planning and action stages.  
*What happened? How do you feel? What went well? What didn't go as well? Why didn't it go so well?*

### 3. reflect