



Recipe for improvement

Title

Recipe for improvement

Description

This tool is about going from reflection to action by the use of 4 specific questions.

The tool can be applied on any chosen topic (eg. Communication with people who suffer from dementia, talking about practical experiences from internships, parent participation in child care, building an international network.)

The question are:

Question	Question	Question	Question
What is already going well?	What can be improved	What do you need to make it happen?	What is my first step?

You ask the students to reflect on the given topic and answer the questions above for themselves. Afterwards the results can be discussed with peers or with the supervisors.

This tool applies to situations where students feel overwhelmed by all the things they would need to change or adapt and helps them to start taking actions in order to achieve their goals.

Benefit/Purpose

Using this tool will help you to implement change regarding your personal development.

Required material

4 questions

Pen and paper or online document

Duration

Depending on the topic 10 to 15 minutes to answer the questions and 20 minutes for discussion.

Amount of people required

1-10 people