

Steps to access the Miro activity:

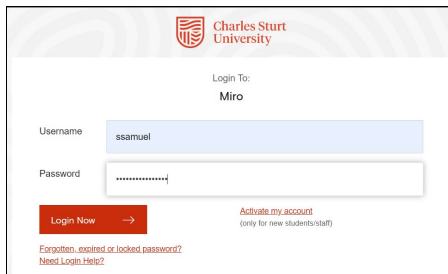
Step 1: Click the link provided to open the Miro board:

https://miro.com/app/board/uXjvKnPb3WY=?share_link_id=144512449969

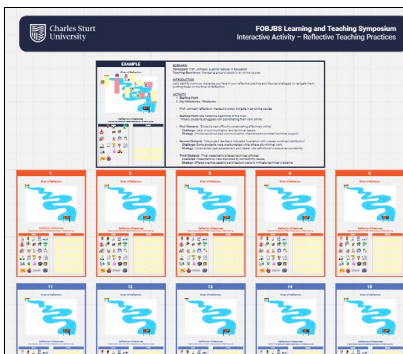
Step 2: Sign in using your official email address (e.g., ssamuel@csu.edu.au).



Step 3: Log in to your Miro account using your Charles Sturt username and password for authentication.



Step 4: Choose any ONE river from the options provided and complete your reflection.



Step 5: Once you select the river, complete the following steps.

Step 5.1. Select an activity: Choose an activity from your teaching session or a project/task you have completed.

Step 5.2. Visualise the chosen activity as a river: Just like a river can have different states, such as low flow, normal flow, high flow, blockages (like logs or rocks), turbulent flow, or sediment buildup, your work would have gone through various phases.

Step 5.3. Start the reflection: Use icons and notes to represent and describe your reflective journey along this river.

Step 5.4. Document obstacles and strategies: When noting any obstacles or challenges, also include the strategies you used to overcome them.

Using the Tool in a Group Setting:

If you are part of a team that worked on the same project/task, all team members can reflect on the same project. Compare each team member's reflective river to understand individual challenges and strategies. This comparison can help identify areas for continuous improvement and inform better actions for future projects.

An example has been completed for you on the Miro board.

EXAMPLE	
	<p>SCENARIO <i>Participant:</i> Prof. Johnson, a senior lecturer in Education <i>Teaching Experience:</i> Managing group projects in an online course</p> <p>INTRODUCTION Let's identify common obstacles you face in your reflective practice and discuss strategies to navigate them, plotting these on the River of Reflection</p> <p>ACTIVITY</p> <ol style="list-style-type: none"> Starting Point Key Milestones / Obstacles <ul style="list-style-type: none"> Prof. Johnson reflects on managing group projects in an online course Starting Point: She notes the beginning of the river: "Initially, students struggled with coordinating their work online" First Obstacle: "Students had difficulty collaborating effectively online" Challenge: Lack of communication and technical issues Strategy: Introduced structured communication channels and provided technical support Second Obstacle: "Mid-project feedback indicated frustration with uneven workload distribution" Challenge: Some students were overburdened while others did minimal work Strategy: Implemented peer assessment and clearer role definitions to ensure accountability Third Obstacle: "Final presentations faced technical glitches" Challenge: Presentations were disrupted by connectivity issues Strategy: Offered practice sessions and backup plans to mitigate technical problems
<p>Reflection Milestones Drag and drop icons and Notes to describe your reflective journey</p> <div data-bbox="159 1232 327 1456"> <p>Icons</p> </div> <div data-bbox="335 1232 510 1456"> <p>Notes</p> </div>	

Remember: Taking the time to reflect is a gift you give to yourself. Enjoy the process of reflection.

