

ATD Forum's Reflection Tool Matrix

Reflection Tool	When to Use		Who to use with			How to use			Time			Comments and Links
	Pre/ During Readiness	Post Stickiness	Individual Personal	Small Group	Large Group	Written	Verbal	Digital	Short	Medium	Long	
What? So What? Now What? What?		X	X	X	x	x	x	x	X	X		Best when written first individually and then, depending on the situation, verbally shared
What Squares?	X	X	X	X	X	X	X	X	X			Best when written first individually and then verbally shared Link to Brain Hacks
6 Sentence Stems		X	X	X	X	X	X		X	X		Best when written first individually and then verbally shared For an example of the stems go to this Forum Blog
Kolb's Cycle		X		X							X	In small groups having facilitator to ask questions and a scribe to capture ideas Link to Forum Blog
Flash Cards		X	X			X				X		Link to Brain Hacks
Journaling	X	X	X			X				x		Link to Brain Hacks Link to Forum Blog