

Frank Adin & Reid: The FAR Group™

Educational & Wellness Consultants

Signature Downloadable Tool™

Reflection and Reinforcement Guide

The following resource is designed to provide practical instructional support aligned to the STICKR™ philosophy of purposeful, transferable learning.

Practical Instructional Applications

- What did I understand most clearly today?
- What challenged my thinking?
- What strategy helped me learn effectively?
- How can I apply this learning elsewhere?
- What question do I still have?

Reflection reinforces understanding and supports long-term academic growth.

“Purpose Fuels Progress™”

Instructional Tools • Reflection • Strategic Academic Support