

# Promoting reflection with SMSs on secondary school students

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**Mobile Media Lab**

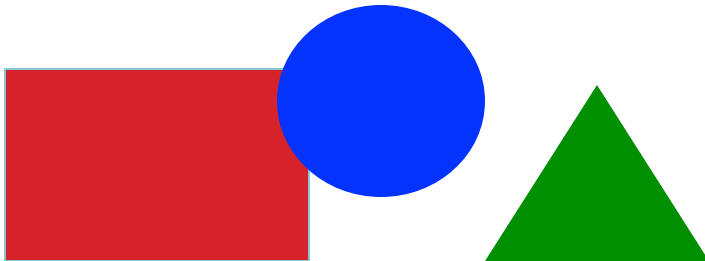
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# Primary school



1 2 3 0.

# Secondary school



# University



# Working



# Reflection



# Make a decision



# Reflection



Steve Jobs:

*“For the past 33 years, I have looked in the mirror every morning and asked myself:*

*‘If today were the last day of my life, would I want to do what I am about to do today?’*

*And whenever the answer has been ‘NO’ for too many days in a row, I know I need to change something.”*

<http://www.youtube.com/watch?v=xoUfvIb-9U4>



# Let's live the Steve Jobs experience for 5 days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			29	30	31	1
2	3					





# Questions?



**Thanks!**

