

Curiosity — Reflection Can Be About Evidence, Not About You

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Reflection in science can be concrete. You can ask which model you chose, what value you calculated, what evidence your claim needed, and where the claim had to stop. Those are features of the reasoning, not details about the person doing it.

That style of reflection helps with transfer. A ratio model, a Q/K comparison, and a cell-potential calculation can all be useful, but each answers a different question. Naming the right tool and its boundary is a durable chemistry skill.