Why do we keep a Reflection Journal?

Reflection is one of the most effective ways to transform experiences into learning.

This journal helps you think about situations you experience during the course and identify what you have learned, how you reacted and what you would like to improve.

There are no right or wrong answers. The journal is for your own personal learning and development.

Reflection Entry

Date

Competence

Activity

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1. What happened?

Describe the situation briefly.

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2. What was I thinking?

What thoughts went through your mind?

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3. What was I feeling?

Describe your emotions.

4. How did I respond?

What did you do or say?

5. What happened afterwards?

What was the outcome?

6. What have I learned?

7. What will I do next time?

Identify one practical action you would like to try in the future.

My confidence

After reflecting on this experience, how confident do you feel about handling a similar situation in the future?

☐ 1 Not confident yet

☐ 2

☐ 3

☐ 4

☐ 5 Very confident

One sentence for myself

Complete this sentence:

The most important thing I learned today is...

_____

_____