# 5-step reflection model and template

What did you and the group do well?

Recognise the aspects of your work you completed well. This should include anything you know went well or you have received praise for. Make sure you understand why it was viewed positively.

How did you feel about your progress?

Think about how you felt during the progress.

Don’t ignore any feelings as these are important clues about the group progress.

Do you now feel more confident or do you need to be more assertive?

What could be improved?

Identify feedback that suggests room for improvement.

How can you explain what worked and what did not?

Most tutors want you to relate your experience to general principles and theory to show that you have deepened your understanding.

How would you do things differently next time?

Suggest possible actions you can take to improve your performance next time.

## ***Reflection template***

|  |  |
| --- | --- |
| Event  (include date & time): |  |
| What happened? |  |
| How did you feel? |  |
| What went well? |  |
| What could be improved? |  |
| How can you explain what worked and what did not? |  |