**Reflection**

Using the table on pages 221 and 222, consider your own critical reflection.

* What do you think are your areas of strength in producing good critical reflection
* Which aspects do you need to improve?

Make notes in the table below.

**The quality of your critical reflection**



|  |  |
| --- | --- |
| Aspect | Your strengths and weaknesses |
| Experience |  |
| Personal responsibility |  |
| Focus |  |
| Scale |  |
| Direction |  |
| Depth |  |
| Challenge |  |
| Theory |  |
| Criticality |  |
| Insight |  |
| End-points |  |
| Audience |  |