

Reflective learning sheet

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Q.1	What was it that happened – what event or learning are you going to reflect on? Answer:
Q.2	Feelings – what was your reaction to the event or learning, how did you feel? Answer:
Q.3	What was good and what was bad about it? Answer:
Q.4	What was really happening? Can any sense be made of the experience? Answer:
Q.5	Conclusions – both in general terms, but also more specifically. Answer:
Q.6	Following on from the previous step, what if there is a next time, and what do you need to do now in light of your reflection and learning? Answer: