**Reflection Template (Take away prompts for the final version)**

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| **Describe the critical event/ experience (it needs to be an event that happened ‘during the course, or ‘in class’.)**  What happened? In what order? Describe the event (you may want to focus on one small aspect of an event). |  |
| **What were your reactions to this critical event?**  (your emotions in response to this event- it is likely that the words you may use here are feeling words such as confused, frustrated, angry, sad, happy – see ‘feelings inventory’) |  |
| **Evaluate-** why did you feel this way? What was good or what was bad about the experience?(Your perspective – remember that not all people will have the same emotional reaction to the same event – try and identify the underlying ‘need’ that triggered that feeling. What did what you observed mean to you, to make you feel that way? See ‘needs inventory’). |  |
| **Analyse-** consider the importance of the identified need above, in the broader context of your own values. What does the way you reacted tell you about your values? |  |
| **Standing back to get a different perspective**  How might the same activity be perceived by other people? Can you explain anything that you saw or heard that are examples of different reactions to the same event? If you didn’t observe it directly, imagine/ speculate what some different emotions to the same event (from a different perspective) might be. Explain what might be the different needs underpinning this different reaction. |  |
| **Conclude**  What have you learnt about yourself (ie you as a person with values, goals and priorities) from the experience above? |  |
| **Knowing this about yourself, what request would you make of yourself and of others if this event should happen again?**  What is your request? Why that request and not something else?  Is it realistic and practically something that you can ‘ask’ of yourself and/ or others? |  |
| **(Optional) Take 2?** At a later time, you might like to see if you would write the same reflection  If you want to write something different about the event, write it here.  Remember to include an explanation of why you would explain it differently. What has changed? What other needs/ values have become apparent to you? |  |