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| --- | --- | --- | --- | --- | --- | --- |
| **About you** | | | | | | |
| **Your full name** | | Yuting Luo | | | | |
| **Date of reflection** | | 02/06/2025 | | | | |
| **Which stage are you at?** | | Just started / early stages | | | | |
| **Hours Completed since last reflection** | | 0 | | | | |
| **Reflection** | | | | | | |
| **What did you do or work on recently?** | | *E.g. Describe any tasks, sessions, or interactions you’ve had.* | | | | |
| **What did you learn?** | | *This could be a skill, insight, or something about yourself or the community.* | | | | |
| **What went well?** | | *Highlight something you’re proud of, enjoyed, or felt good about.* | | | | |
| **What could have gone better or been improved?** | | *This could include challenges you faced or things that didn’t work as expected.* | | | | |
| **How are you feeling about your progress or experience so far? Place a ‘x’ underneath.** | | | | | | |
| **Very Positive** | Mostly positive | | Mixed | A bit uncertain | Struggling | Other |
|  |  | |  |  |  |  |
| **Other Please elaborate on your feelings.** | |  | | | | |
| **Is there anything you’d like to do differently** | |  | | | | |
| **Is there anything you’d like to do differently next time or focus on next?** | | *This could relate to your goals, teamwork, approach, or learning focus* | | | | |