**What Does a Reflective Report Normally Contain?**

* What were the project goals and how did you attempt to achieve them? Describe your project plan.
* What did you learn? Connect theoretical knowledge from your course to the practical work you undertook.
* What did you do and feel? Describe your own opinions about the project, including choices that were made and actions that were taken. What were your own contributions and why did you perform in the way that you did?
* What was the outcome? Critically assess the success or failure of your practical work. Point out the ways that it benefited users, and/or met the project objectives.
* What were your personal strengths and weaknesses that were revealed? What have you learned about your own professional development from this project? What skill areas do you still need to develop?
* What would you do differently next time?
* State the main lessons you have learned and how you are going to apply this knowledge in your future professional and academic life.