

### Reflective Writing Frame

**Task:** Take notes on an aspect of the course. Try not to cover too many skills. You should not write a summary.

<b>Describe: What happened?</b>	
<b>Analyse: Why it happened? What it means, how successful was it</b>	
<b>Evaluate: What did you learn from this experience?</b>	
<b>Action: What would you do differently in future?</b>	