



Reflective Practice Worksheet - A Template for Students and Participants

An example of reflective practice is an athlete who, after every practice, thinks about what they did well, what they did badly, why they did things the way they did and what they can do in the future to improve their results.

Below, you'll find some thought-provoking prompts to help you add value to your reflection and, ultimately, to help you achieve any of your own development objectives.

Some prompts will be more relevant than others, depending on the event.

What event or topic are you reflecting on?
Give a brief description, including the date and time, as you may wish to refer back to this reflection later. Overall, though, just focus on the event itself.
Would you call this a positive or challenging event?
What feelings would you use to describe the event? Even when things go right, they can still be challenging. Think about the outcomes of this event and whether you feel they could have been improved.
What happened?
If this Reflection is inspired by a specific event, give a brief description of the event. How did you respond? How did the instructor respond? What did you feel during the event? What did you feel afterward? Did you complete and return a Feedback form?
Looking back
Are you satisfied? If not, why not? If not, what would help you work more effectively in the future? Did you have all the support you needed? If not, what would have helped?
Looking forward
If there is a similar event in the future, would you do anything differently? What did you learn from this experience and/or your reflection on it? And if applicable, what steps will you take to improve future outcomes? Did this event help you identify new learning/ objectives for you?