Worksheet: Student Reflection

Date:…………………………..

Brief Description of Experience
In narrative form, describe the actual event(s) that occurred. Record who was present and what they did.

Important observations (record, in point form):

□ What I observed about the experience (situation, other people).

□ What I observed about my own behaviour and feelings.

□ What others observed about the experience (if they told me).

□ What others observed about me (if they told me).

□ What I learned (specifically) from this experience:

Be specific. It is useful to state your learnings as deviations from your expectations (previously formed guides to action) or as conformations of your expectations.

□ How do these learnings relate to appropriate theories or concepts I have read, heard about, or constructed myself?

Reference: Retrieved from http://www.qotfc.edu.au/resource/documents/G:\OccTpy\Occ_Therapy staff\8.0 Student Development\8.2.9 Supervisor resources\Strategies and tools for supervision sessions -Experiential Learning Diary PAHSD example.doc on April 08, 2010

Reference: University of Newcastle (2011)
What specific behaviours would I like to change?

Again, be specific. Concentrate on your own behaviour, and set objectives specifying behaviour, standards, and conditions. Also note behaviour changes you would like to see in others.

How will I change these behaviours?

Outline specific procedures, including review dates.

Reference: Retrieved from http://www.qotfc.edu.au/resource/documents/G:\OccTpy\Occ_Therapy staff\8.0 Student Development\8.2.9 Supervisor resources\Strategies and tools for supervision sessions -Experiential Learning Diary PAHSD example.doc on April 08 2010