

A GUIDE FOR REFLECTION

1. Choose the one thing you've decided to learn first. What will be the topic of your reflection?
2. Choose an event. What is the next time you would be able to use or see this topic in action?
3. Use the strategies to reflect on your chosen topic before, during, and after the event.

Before: What do you want to see or have happen? How can you plan for success?

During: Notice what's happening. Stay focused and aware.

After: Think back on how the event played out. What went well?

4. What didn't go as well?
5. What would you do differently next time?