**REFLECTIVE TOOL**

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| **Student** |  | | **Date** |  |
| **Event** |  | | **Placement week** |  |
| **Reflective prompt questions** | | **Reflections** | | |
| Give a full description of the event/ incident. | |  | | |
| What was your role and what contribution did you make? | |  | | |
| What were the roles of others | |  | | |
| How did you feel at the time? | |  | | |
| How did you feel afterwards? | |  | | |
| What were you trying to achieve? | |  | | |
| Why did you take the action that you did? | |  | | |
| What were the factors that influenced your decision? | |  | | |
| How many other alternative choices did you have? | |  | | |
| How do you feel now about this experience? | |  | | |
| What have you learnt about yourself? | |  | | |
| How can you apply this learning to other situations? SMART actions. | |  | | |
| **Student Signature** | |  | **Date** |  |