**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** |  |