Looking back, reviewing and reflecting

"I like to think about what I've done, how I did it and if there's room for improvement. There usually is!"

Reflection is essentially **critically evaluating something you have done.**

This is a very helpful habit when done correctly. It helps you **identify what worked well** for you and **what didn't**. This is not just simply deciding you're good or bad at something, it's identifying the reasons why.

Below is **an example of a reflection form** used by students to identify what skills they are good at and what they need to work on.

Following a form like this forces you to address the positives as well as the negatives. It's all too easy to focus on one or the other.

By evaluating your work, you become **conscious** of how you work, think and approach problems. Through the use of a form you can see what works and what doesn't.

You may also find that **different strategies** work better with **different types** of work.

Reflection Form:

Date:		Assignment:		Module:
Marking Criteria:	What Grade would you give yourself for this module/ assignment?	What two skills/strategies contributed positively to your grade?	What skills/strategies could you have improved upon?	How have these skills contributed to your grade (how did the positives help, how could you have improved?)
Understanding the subject				
Researching appropriate materials				
Time Management				
Application of knowledge				
Use of information				
Communication and presentation				
Quality of assignment				
Actual Module/Assignment Grade:		How does the actual grade compare? Why?		