

Free Worksheet



Reflection Prompts: Based on the Johns Model of reflection

Description

What happened, and what do you need to pay attention to?

Reflection

Why did I behave in this way? What were the consequences for myself, for others.

How did I feel about this?

Influencing Factors

What influenced your decisions (internal and external).

What knowledge and skills influenced (or should have) your decisions and actions?

Alternative Strategies

What could I have done differently? What alternative choices did I have? What would the consequences of these choices have been?

Learning

What can I learn about this based on past and future planned activities? How do I feel NOW about this? ? Has this experience changed how I use my knowledge and skills in practice?