

A guide to completing the student reflection sheet

This is to help students fill out the reflection sheet and prompt them to think about how their tasks went

What have you achieved?

Did you do anything practical?

Did you access any resources or sources of help?

Did you learn/become aware of anything new?

Did you face any barriers? Should you have done anything differently?

Were there any challenges with planning your activity?

Did you complete your planned actions?

Did you encounter any obstacles or struggle to implement your planned actions?

Did you adapt or change your planned actions?

How might you adapt your approach to make your research or activity more effective next time?

What the priority right? E.g., was it realistic? Did you stick to it or did you stray from it when you were researching?

How has this helped you?

Have you accomplished something that will help you in the future?

Have you become more aware of resources and/or sources of help?

Have you got a clear idea about the next steps for developing in this area?

Do you feel more confident about your ability to make progress in this area?

Have you learned anything about yourself?

Have you developed a better understanding of the common barriers you face and how you might overcome them?