

Critical Reflections – Exercise

	Guiding Questions	Self-Reflection
What?	What happened?	
	What did you learn?	
	What did you do?	
	What did you expect?	
	What was different?	
	What was your reaction?	
So what?	Why does it matter?	
	What are the consequences and meanings of your experiences?	
	How do your experiences link to your academic, professional and/or personal development?	
Now what?	What are you going to do as a result of your experiences?	
	What will you do differently?	
	How will you apply what you have learned?	