

**Practicing Critical Reflection**

Directions: Think back on a time when you felt particularly proud of something you had accomplished. Answer the following questions. You will not be expected to share this information with the group.

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| Describe the situation in a few words or sentences.  |
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| How did the outcome of the situation compare to your expectations? |
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| What circumstances were within your control? |
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| What circumstances were not within your control? |
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| What did you do well?  |
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| What barriers did you face and how did you overcome them? |
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| What assumptions did you hold about the situation prior to it occurring? |
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| How did your assumptions compare to the actual situation? |
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| How did your past experiences, education, strengths, and opportunities impact your view of the situation? |
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| How did your past experiences, education, strengths and opportunities impact your performance? |
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| What might you do differently if you were in this situation today?  |
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| If someone were observing you in that situation what might they have said were your strengths? |
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| If someone were observing you in that situation what might they have said was something you can improve on?  |
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| What did you learn? |
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