

SELF EVALUATION ON REFLECTIVE PRACTICE Based on Cottrell, S. (2003) *The Study Skills Handbook* (2nd edition) Basingstoke: Palgrave MacMillan, p172.

For each of the following statements ring your responses as outlined;

5 = *Strongly Agree*; 4 = *Agree*; 3 = *Sort of Agree*; 2 = *Disagree*; 1 = *Strongly Disagree*

I am confident that as a student I	Self Rating
1. know how to use a learning log or a reflective journal	5 4 3 2 1
2. understand myself very well	5 4 3 2 1
3. challenge my own thinking sufficiently	5 4 3 2 1
4. spend sufficient time looking for relevant links between different things	5 4 3 2 1
5. spend sufficient time 'making sense' of what I learn and experience	5 4 3 2 1
6. spend sufficient time thinking about the significance of what I learn	5 4 3 2 1
7. spend sufficient time thinking about how to improve my academic performance	5 4 3 2 1
8. spend enough time thinking about the effects of my actions and behaviour	5 4 3 2 1
9. make an accurate evaluation of what are my own strengths	5 4 3 2 1
10. know how to apply my experience and skills to new situations	5 4 3 2 1
11. am aware of my personal limitations	5 4 3 2 1
12. am aware of my own personal development needs	5 4 3 2 1
13. always consider my options before arriving at a decision	5 4 3 2 1
14. am always aware of my motivations underlying my behaviour	5 4 3 2 1
15. always take full responsibility for my own part in events	5 4 3 2 1
16. spend enough time thinking about how to improve my skills in dealing with other people	5 4 3 2 1
17. spend enough time thinking about how I could make a better contribution to groups I am in	5 4 3 2 1
18. spend sufficient time thinking about the significance of other people's actions	5 4 3 2 1
19. spend sufficient time thinking about the significance of what other people say	5 4 3 2 1
20. can reflect accurately about my emotional responses to events	5 4 3 2 1
21. could draw upon my reflections well enough for assessment purposes	5 4 3 2 1
22. spend sufficient time thinking about how to use the feedback I receive from others	5 4 3 2 1
23. know how to use reflection effectively when applying for new jobs	5 4 3 2 1
24. am clear about the different kinds of reflection that are open to me	5 4 3 2 1
25. do not need to develop my reflective skills any further	5 4 3 2 1

Reflection on learning *through* reflection as a student.....
.....or the transformation to become a more effective learner? (Driscoll 2007)

What are the key messages for you about your self evaluation of being reflective?

What sorts of things do you do already as a student that could be built upon to become a more reflective learner for the future?

If you could focus on ONE area for improvement based on your self evaluation;
a) what would this be?

b) why is this important for you?

What are some of the options open to you to more actively become a reflective learner?

What might you need to change (or do more of) from what you are doing now as a student?

Write ONE statement outlining what you are willing to do RIGHT NOW with your personal area of improvement as a learner