Worksheet # 2 – Reflective Journal Exercise

You have been given a handout that explains the components of reflective journaling. The reflective questions within the handout have been used to formulate this worksheet. Please spend 5 minutes reflecting on this teaching workshop, and answering briefly, the following questions.

A. Concrete Experience

1. Who, what, when, where, how was this session conducted?

2. What were your feelings, perceptions, and thoughts that occurred during the workshop? What did others seem to be feeling?

B. Reflective Observation

1. Looking back at the workshop, what were the perspectives of the key actors (including you)?

2. Why do you think the people involved (including you) behaved as they did?

3. What strengths/weaknesses do you bring to the experience?
4. What personal experiences does this remind you of in your life?

5. What cultural/developmental aspects might be considered?

C. Abstract Conceptualization

1. What specific concepts, theories and research from the workshop can you relate to your experience? How do they apply?

D. Active Experimentation

1. What did you learn from this experience? Have you been forced to reexamine previously held views, values or opinions? How have your views, perceptions or beliefs changed? What did you know “for sure” that just isn't so for me now?

2. What did you learn about yourself? How can you apply something you have learned to your professional life?

3. What action steps will you take to be more effective in the future?
4. What are some theories, ideas or unresolved questions that you would like to explore further? Have you been really turned on to something about which you never really thought much before? What would you like to learn more about?

E. Integration and Synthesis

1. How would you summarize the statements you have made under the four headings above?