

Table 6.1. Essential Self-debrief Components

Self-debrief Component	Rationale
Ensure the debrief is carefully planned and organized by a trained facilitator.	Learners who are debriefing alone need a structured approach.
Include a confidentiality statement and outline who will read the self-debrief.	Enhances psychological safety.
Identify time to complete.	Supports organization and flow.
Provide learners with reflective questions in advance of the self-debrief.	Supports organization and flow.
Create facilitated questions based on a framework to meet learning objectives and level of learner.	Encourages reflection, analytical skills and learning.
Clearly indicate grading and type (participation or graded).	Enhances psychological safety; influences game play.
Use analytics or course material.	Focuses the debrief and furthers learning.