**Learning Outcomes:**

*After you complete this activity, you will be able to:*

* Assess your reflection skills.
* Identify opportunities for growth.

Taking a few minutes to self-assess your skills is a great strategy to incorporate as part of your learning journey. [**Click here to download the Self-Assessment Rubric**](https://ecampusontario.pressbooks.pub/app/uploads/sites/2295/2022/11/Self-Assessment-Rubric.pdf)**.**

**Instructions:**Assess your self-reflection skills using the criteria outlined in the [rubric](https://ecampusontario.pressbooks.pub/app/uploads/sites/2295/2022/11/Self-Assessment-Rubric.pdf) by identifying your current stage for the given criterion (Emerging, Developing, Applying, Mastering). Make a note of your stage of development (e.g., Applying) and then provide a short description for why you believe you are currently at this stage.

**Remember, self-reflection takes practice. So, keep going!**

|  |  |
| --- | --- |
| **Self-awareness** |  |
| **Clarity** |  |
| **Relevance** |  |
| **Analysis** |  |
| **Interconnection** |  |
| **Overall Reflection** *Considering your response for each criterion row, where might you improve? What will you keep doing?* |  |