# **Reflective Practice Review Activity**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What happened?

How did I feel about the experience when it was happening?

What meaning did this experience have for me?

What do I need to improve on?

What are my goals for next time?

Give it a try. Can you think of an event or situation from your past in which you felt nervous?