**Self-reflection Hand-out**

**Service-based teaching days**

**Programme Member:**

**Date:**

**Module:**

**Title:**

1. **From the session today, what made me stop and think? What are my personal learning points from the session?**
2. **What specifically can I take forward from the session into my role today?**
3. **What specifically do I want to take away and learn more about? Are there any tasks which arise from the session?**
4. **What action plan do I have regarding this?**
5. **Following completion of these tasks/action points, what am I taking away? (e.g. new learning, personal insights, impact on personal goals, practice etc)**