

Reflection on Outcomes of Learning Activities



Once you have a plan, you have identified what you intend to do to address your learning need or desire. But did you achieve your goal? Perhaps you learned something that you didn't expect to learn. Did you practice the skills you learned? Did you apply the knowledge in your practice? Did it work? Can you explain the learning to your colleagues?

This form will assist in reflecting (thinking) on your experience. What do you know or can do as a result of the experience? Did it meet your needs? What would have made it better? Do you need to do more to optimize the experience?

The reflection process should be used in conjunction with any learning event. A learning event could be a conference, seminar, study day, course, peer group discussion, review of written materials etc. Come back to the form periodically to re-evaluate your learning and reflect on how you have applied it in your practice.

"The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually make a new man of himself."

- Wang Yang-Ming

Date:

Title:

Intended learning outcomes

Key learning points

Relevance to practice

Application

Evidence of application

Further learning needs