**Reflective journal exercise**

1.Think of significant experience

2. ASAP **Jot down the facts** about this experience – **who, what, where, when, how?** What were your **thoughts**, **actions**, **emotions**, **body responses?**

**3. Now reflect –** how does it link to theoretical frameworks? To other experiences you’ve had? To coursework themes and performance criteria? What worked well for you within the experience? What didn’t work?

**4. Apply your reflection** Are there any learning skills or capacities you’d like to develop? How might you do that? How could this reflection inform your practice with learners, with staff team?, with site? With wider community?