

Inspiring young people in STEM: Using feedback to improve

Self-reflection tool

Description

Describe what happened – give details

Feeling

What did you feel about what happened?

How do you think others involved felt?

Analysis

What were the positive & negative aspects of the experience and your input?

Did you make any assumptions about the experience or the people involved? If so what were these?

Evaluation

What did you learn from the experience?

What could you have done differently?

Action plan

What do you need to change for future activities?

What skills and/or knowledge gaps have you identified from your experience of the situation?

Adapted from Gibbs (1988).