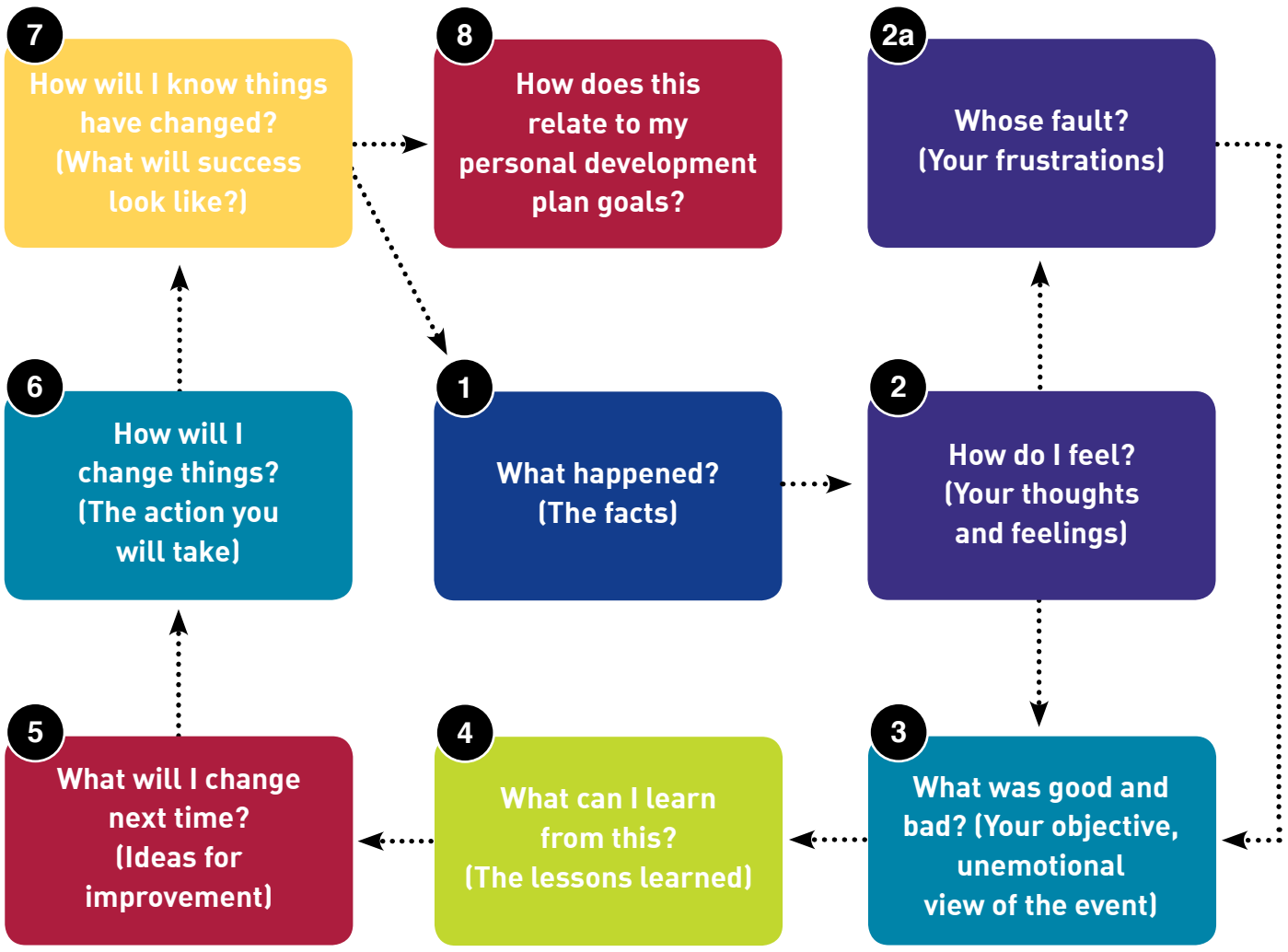


# REFLECTIVE RECORDING – THE PROCESS



This process can be used to self-review an activity or activities you have been responsible for delivering.





# REFLECTIVE RECORDING - NOTES

- Some stages can be optional e.g. if nothing goes wrong do not need to complete 2a.
- Seek support and feedback from your peers and/or mentor if this will be helpful to you.
- Write only what you are comfortable with.
- Date each time you add to a stage – you can add new thoughts at any time.
- You can use different coloured text, e.g. **red:** priority, **green:** positive, etc.
- If you are uncertain about whether to include a piece of information check with your support worker for advice.

**STAGE 1** Date: .....





# REFLECTIVE RECORDING - STAGES

<b>NAME</b>	
<b>ACTIVITY</b>	

**STAGE 2** Date: .....

**STAGE 2A** Date: .....





# REFLECTIVE RECORDING - STAGES

**STAGE 3** Date: .....

**STAGE 4** Date: .....





# REFLECTIVE RECORDING - STAGES

**STAGE 5** Date: .....

**STAGE 6** Date: .....





# REFLECTIVE RECORDING - STAGES

**STAGE 7** Date: .....

**STAGE 8** Date: .....

