

STUDENT SELF ASSESSMENT

DATE

CRITICAL REFLECTION

How confident do you feel about your ability in the following areas?

Very confident Fairly confident Not Very confident Not at all confident

- 1 Aware of personal beliefs, values qualities and abilities
- 2 Identifying areas for development
- 3 Discussing areas of development with others
- 4 Accepting challenges about own practice from others
- 5 Knowledgeable about the underpinning theory to critical reflection
- 6 Describing a situation accurately in writing
- 7 Describing a situation accurately verbally
- 8 Describing a situation without making judgements
- 9 Identifying existing knowledge of relevance to a particular situation
- 10 Exploring feelings about a situation and writing them down
- 11 Exploring feelings about a situation and relating them to others verbally
- 12 Identifying and challenging assumptions made about a situation
- 13 Imagining and exploring alternative courses of action
- 14 Identifying learning from critical reflection
- 15 Devising an action plan to put that learning into practice
- 16 Providing evidence to others that learning has occurred

Very confident	Fairly confident	Not Very confident	Not at all confident

Are there any other skills you would like to develop to improve your critical reflection?

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