

Practice Reflection worksheet

Use this worksheet to reflect on your practice; you can use more than one if you need to.

You do not have to submit this worksheet to the College if you are selected for Practice Assessment.

Describe an experience, event or change in your practice or practice setting that was significant to you.

What happened?

What was your role?

Based on what you described above, what were your strengths and what were your areas for improvement?

Areas for improvement will inform your learning needs.

What input have you received from your peers about your practice?

Consider asking:
“Can you give me an example of what my learning needs might be?”
Consider any feedback you have received from clients.

Based on your own reflection and the input you received, what are your learning needs?

What do you need to learn to improve your practice?

Which elements relate to your learning needs?

- | | |
|--|---|
| <input type="checkbox"/> Advances in technology | <input type="checkbox"/> Entry-to-practice competencies |
| <input type="checkbox"/> Changes in the practice environment | <input type="checkbox"/> Interprofessional care |