

LEARNING AND REFLECTION RECORD

Record# _____

Date of Event/Experience:

How has this experience impacted you physically, emotionally, mentally, spiritually or academically:

Overview - What was the event or experience being recorded and reflected upon:

Give a brief description of the context of the event/experience – be as specific as you can. Describe what you did, was it planned or unplanned? If it helps use the **STAR** Model – What was the **Situation**? what was the **Task**? What **Action** did you and/or others take, what was the **Result**?

What have you learned from this event/experience? What value might be added to organisations/clients/customers you meet in your life/current job role and/or future career by this learning event? What would you say were the tangible outcome(s) because of this learning event?

As a result of this experience in what way(s) will you build on the success of this event/experience OR learn from the opportunities/mistakes of this experience?