



Thank you for downloading the planning form

Session 2: Reflections

"We do not learn from experience... we learn from reflecting on experience." - John Dewey

The STAR Model

Situation

What was the situation you were presented with?

Task

What needed to be achieved, what was the *overall* objective?

Actions

What specific actions did you take to achieve the task and improve the situation?

Result

What was the outcome?

How do you feel about this achievement?

On a scale of 1 – 5, was this significant for you? Where 5 is "absolutely" and 1 = "meh!"
Comment on why you gave yourself this rating