

TEMPLATE

SELF DIRECTED LEARNING AND REFLECTION SHEET

Activity/Intervention:

Date:

Client/Client group:

Context :

What did I do well?:

What could I have done better?:

How can I continue improving my performance in this area? (be specific – describe how you make changes to improve your performance including techniques, strategies etc)

What do I need to make this happen? (i.e resources/education or support I could access to help me build this skill)

How will I know I have improved? (what is my measure of success?)

For more information about
Reflective Practice, in
addition to a wide range of OT
practice education resources,
visit our website at:

otpecq.group.uq.edu.au