

School Experience Reflective Log

Internal	External	
Spoken	Visual	Written
COMMUNICATING		

Managing others	Taking responsibility
Managing time	Working with others
Decision making	
EXPERIENCE	

What did I do?
What did others do?
MANAGING SELF & USING SKILLS

Problem solving	Good practice
Skills required	Challenges & rewards
Content & format	Delivery methods
INSIGHT INTO TEACHING	

Learning points	Strengths
Different approaches	Career Planning
PERSONAL ACTION PLAN	

Date/Time:.....
Where:.....
Signed:.....
Position:.....