



Education

Structured Reflection

Date	
Description of event	
What did I learn?	
Short term implications	
Long term implications	
Feedback from other students	
What will I do differently?	
Notes / targets	

Example

Date	<i>26th September</i>
Description of event	<i>FTCC M1 Lecture 2</i>
What did I learn?	<i>The structure and properties of natural and synthetic fibres and linked them to function.</i>
Short term implications	<i>Use this information to answer the questions given at the end of the lecture.</i>
Long term implications	<i>Reinforce this for the final exam.</i>
Feedback from other students	<i>Several of us found that we were confused by the fact that regenerated fibres are man-made but some can also be natural: e.g. natural polymer fibres such as Viscose.</i>
What will I do differently?	<i>Discuss the subject with more / other students – talking about it might help me to understand and it is sometimes nice to know that others are struggling too. Be more confident at asking questions during sessions if I'm not sure.</i>
Notes / targets	<i>Read through the notes thoroughly and reinforce using the textbook and any on-line resources I can find. Think about where I come across what I have learned in my job.</i>