

## Worksheet 1

# My Reflective Practice

### Objective:

To become aware how and to what degree a youth worker uses Reflective Practice.

### Participants:

Youth workers

### Ideas for activities:

This quick Reflective Practice assessment tool (@ Lawrence-Wilkes/Chapman, Businessballs 2015.) indicates how and to what degree you use Reflective Practice. The items are also a checklist of the main elements within Reflective Practice, enabling it to be effective and sustaining.

In the peer group of youth workers, discuss the meaning of reflection to you and name up to 3 things on the value of reflection in a non-formal education and youth workers' professional development process.

**Duration:** 45-60 mins

### Outcomes:

- Skills of initiating and supporting self-reflection on learning

## Reflective Practice - self-assessment questionnaire

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<b>1. To what extent do you reflect?</b>	<b>0=No; 1=Some; 2=A lot</b>
I make decisions about events as they happen.	
I change my behaviour or actions as events happen.	
I think about events and reasons for actions after they happen.	
I talk to others about events and behaviour after they happen.	
I think proactively after events to plan future action.	
I research/investigate issues to solve problems.	
<b>Total of section 1:</b>	

<b>2. What reflection methods/tools do you use?</b>	<b>0=No; 1=Some; 2=A lot</b>
I write notes which I review (e.g., diary, journal)	
I talk with others	
I explore theories, models, etc., that relates to my issues.	
I seek and get feedback from others about specific events / issues.	
I make image or audio records / interpretations of events / challenges.	
I observe events and situations that involve me carefully.	
<b>Total of section 2:</b>	

<b>3. Do you examine other points of view?</b>	<b>0=No; 1=Some; 2=A lot</b>
I understand my 'self' views - subjective and objective.	
I empathise with colleagues' / others' viewpoints.	
I seek standpoints of external theories and	



concepts.	
I look for relevant discussions (e.g., journal, article, conference).	
I look at research / evidence.	
I try to make objective sense of social media.	
<b>Total of section 3:</b>	

<b>4. What assumptions do you question?</b>	<b>0=No; 1=Some; 2=A lot</b>
My own ideas and beliefs.	
Other people's points of view.	
About task-related problems.	
About the way that I think, how and why (metacognition).	
I question books, newspapers, TV, etc.	
I question internet information.	
<b>Total of section 4:</b>	

<b>5. Your ability/freedom to reflect?</b>	<b>0=No; 1=Some; 2=A lot</b>
I have or make time to reflect.	
I have necessary reflection knowledge, methods, and tools.	
I overcome any self-imposed barriers, habits.	
I understand how/why I think as I do (metacognition).	
I am sufficiently empowered personally/at work.	
I am free of negative influences from others.	
<b>Total of section 5:</b>	

<b>Total score of all five sections:</b>	
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### **Interpreting your scores:**

There are a maximum of 60 points available (5 sections, each of 6 questions = 30 questions, max 2pts each).

### **The total score indicates as follows:**

- 0-20 - low interest/opportunity for Reflective Practice
- 21-40 - good potential for using Reflective Practice
- 41-60 - excellent potential for Reflective Practice (or you are already a critical reflector)

The individual element and sub-section scores indicate where you should direct your efforts to improve your Reflective Practice potential and capabilities.

This process itself is a very good example of Reflective Practice, and using a Reflective Practice tool, and if you complete the questionnaire, analyse the results, and decide to take some action, then you are most certainly putting Reflective Practice to very powerful effect.

[Link](#) to a more detailed Reflective Practice Self-Assessment instrument (in pdf) which includes sub-section analysis.

