



REFLECTIVE PRACTICE SELF-ASSESSMENT

This quick Reflective Practice assessment tool 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.

Score each item 0 = None; 1 = Some; 2 = A lot

1. To what extent do you reflect?

0=No;1=Some; 2=A lot

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.

Total of section 1.

2. What reflection methods/tools do you use?

0=No;1=Some; 2=A lot

I write notes which I review (e.g., diary, journal)

I talk with others.

I explore theories, models, etc., that relate 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.

Total of section 2.

3. Do you examine other points of view?

0=No; 1=Some; 2=A lot

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.

Total of section 3.



4. What assumptions do you question?

0=No; 1=Some; 2=A lot

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.

Total of section 4.

5. Your ability/freedom to reflect?

0=No;1=Some; 2=A lot

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 influence by others.

Total of section 5.

Total of all five sections.

Interpreting your scores:

There are a maximum 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.