



Template for Reflection

Activity: _____ Date(s): _____

Supervisor Name: _____

Supervisor Contact Information: _____

Describe the activity/experience.

What were your expectations?

What did you learn or take away from this experience?

What made this experience important or memorable for you?

What questions or concerns do you have after this experience?

How has this experience shaped how you think about your future goals?

What is one word to summarize this experience?
