



Template for Reflection

Activity: _____ Date(s): _____

Supervisor Name: _____ Contact Information: _____

Describe the activity/experience.

What were your expectations?

What did you learn or take away from this experience?

Did this experience align with your values? Why or why not?

Which relevant skills or competencies did this experience help you develop?

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?
