

WIL Reflection Worksheet

Concrete Experience (feeling)

Describe the concrete experience (feeling):

What?

Prompt questions: What exactly happened? What did you do? How did you feel? Was someone else involved? Was the experience good, bad, or both? And why?

Reflective Observation (watching)

Taking a step back to reflect on what was observed (watching):

So What?

Prompt questions: How did you react? Why did you react this way? Do you feel the same now as you did then? Were you experiencing conflict with personal values? Do you think past experiences have influenced your experience during this situation? Who else was involved and what was their reaction?

Abstract Conceptualization (thinking)

What can be applied from what you have learned in class (thinking):

Now What?

Prompt questions: What have you learned? What could you do differently if a similar situation were to occur in the future? What could you do to better prepare yourself for this? Where did it go wrong last time and what will you focus on now?

Active Experimentation (doing)

Describe how you will put what you have learned into practice.