

North East and Yorkshire Dietetic Placement Partnership



LEEDS
UNIVERSITY

Newcastle
University

Teesside
University

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OF HULL

REFLECTIVE TOOL

Student		Date	
Event		Placement week	
Reflective prompt questions	Reflections		
Give a full description of the event/ incident.			
What was your role and what contribution did you make?			
What were the roles of others			
How did you feel at the time?			
How did you feel afterwards?			
What were you trying to achieve?			
Why did you take the action that you did?			
What were the factors that influenced your decision?			
How many other alternative choices did you have?			
How do you feel now about this experience?			
What have you learnt about yourself?			
How can you apply this learning to other situations? SMART actions.			
Student Signature		Date	