

Examples of reflective questions

The types of questions your student might usefully ask themselves will depend on at what stage they are reflecting.

Before volunteering

One set of questions they could ask themselves is:

"What skill(s) do I want to develop during my voluntary work?"

"How will I do that?"

"What help do I need to do that?"

"How will I know if I'm successful?"

"What would be a realistic timescale in which to achieve this?"

When asking themselves such questions, they might want to record this (skill by skill) on a simple action plan (see overleaf)

After volunteering

One example of a useful set of questions they could ask themselves (and record) when considering a significant event or incident that has happened is:

1. What was the incident/situation in which you found yourself? Provide a clear but brief *description*.
2. How did you *feel* about it?
3. What other *facts or issues* do you feel are/were relevant to the situation?
4. What else is useful to note about *actions* of yourself and others during this time?
5. What *choices* did you make at the time? How appropriate or inappropriate do you now feel these decisions were?
6. In hindsight, what *alternative courses of action* may have been possible?
7. What *implications* does this incident or situation have for your future practice, plans, work, etc?
That is, in finding yourself in a similar situation in the future, what would you do the same, and what would you do differently?

Such a record is useful to talk through with other people, such as a supervisor, mentor – or a friend.

Examples of other sets of reflective questions that might be useful for your students to consider will shortly be found on the personal and professional development planning site [needs link to be inserted].

Skill for development	Objectives (maximum 3)*	How will I do it? What help do I need?	What will success look like?	Timescale	Review
<p>What have I learned from this?</p>					

* Remember to be **SMART!** Make sure your objectives are **s**pecific, **m**easurable, **a**chievable, **r**ealistic, and **t**ime framed.