Prompts from York PowerPoint on Reflections

# Level 1 (Report/respond):

• What is the critical incident (the thing that inspired or sparked your reflection), and your initial reaction? (Use assignment prompt to inspire you)

# Level 2 (Relate):

• How does my critical incident relate to what I know already? What is my own experience and how does it connect? How do my skills allow me to respond? Agree/negotiate/disagree?

• [My experience/skills + Level 1 critical incident]

# Level 3 (Reasoning):

• What have other people (especially academics) said about this? How can I use their experience/ expression to help me make sense of the critical incident?

• Level 1 (critical incident reaction) + Level 2 (apply your experience) + evidence/analysis

# Level 4 (Reconstructing):

• Once completing levels 1-3, what would you do differently (or not)?

• Is there anything about your own process you would change to become better at XYZ?

• Does that change how you understand X (level 1), how you react to X (level 2)?

• What specific things did you learn to do better and why?