

Reflection stage	Section	Suggested length	Questions you could answer	Additional Notes	Some useful reflection language
Experience & Reflection	1. Research	Approx. 45 words (2-3 sentences)	What went well in your research and why?	- When you first tell us about your research, make sure it's clear what the research is for. - You could focus on searching, and/or evaluating sources.	Strength, strong point, success, achievement, positive outcome... Successful, positive, effective, strong confident, valuable, straightforward... ... because... the reason for this... owing to... as a consequence... as a result...
	2. Presenting	Approx. 45 words (2-3 sentences)	What went well with your presenting and why?	- When you first tell us about the presentation, make sure it's clear which presentation. - You could focus on preparing for and/or delivering your presentation.	
	3. Challenges you faced with your presentation	Approx. 90 words (e.g. 4-6 sentences)	- What went poorly in your research and why? - What went poorly in your presenting and why?	- For the first question, you could focus on searching, and/or evaluating sources. - For the second question, you could focus on preparing for and/or delivering your presentation.	Weakness, challenge, difficulty, drawback, downside, limitation, barrier, obstacle, weak point, complication... Unsuccessful, difficult, negative, ineffective, flawed, lacking, problematic, weak, challenging, incomplete, complex... ... because... the reason for this... owing to... as a consequence... as a result...
Action Plan	4. Actions to improve	Approx. 90 words (e.g. 4-6 sentences)	Based on your answers to 1 – 3: - For future research, what will you do differently? Or practise? - When presenting in the future, what will you do differently? Or practise?	- Connect your actions to what you've already said. - Be as specific as possible.	In the future... Next time.. For the future... Moving forward... From now on... Looking ahead... By next term... To improve... I will... I aim to... I intend to... My goal is... My actions will be... I plan to... I am committed to... I will work towards... I will ensure... I need to... I will focus on...
	5. Further steps needed to Prepare for Task 3	Approx. 45 words (e.g. 2-3 sentences)	Based on your answers to 4: What are your next steps for Task 3.	- Connect your actions to what you've already said. - Be as specific as possible.	My next steps are... I will... I aim to... I intend to... My goal is... My actions will be... I plan to... I am committed to... I will work towards... I will ensure... I need to... I will focus on...