## A screen shot of a video game Description automatically generated with low confidence

# Reflection template

## What happened?

Give a brief description of what took place during the session.

## What do I already know?

Consider what happened and how this relates to your own skills and understanding.

## What does it mean?

Try to explain what happened.

## What will I do next time?

Make a conclusion about what happened, recommend possible changes and improvements and suggest how this can be applied in future to improve on what happened.

Adapted from Moon (2013). *A handbook of reflective and experiential learning: Theory and practice*. Routledge.