

DATE: _____



Reflection Sheet

Student Name: _____

Professor: _____

*Please complete this reflection sheet **IMMEDIATELY** after your session.*

1. What did you enjoy most about the experience you had today?

2. What did you least enjoy about your experience today?

3. Did the experience today teach you something new about yourself? If so, what?

4. If you are doing this again, is there something you expect to be different about yourself or the experience?