*Reflection Report 2*

In the previous reflection report, you reflected on two aspects from your Thermos-dashboard using Korthagen's reflection model. In this report, you look back on this reflection. You will also reflect again on your study behaviour using Korthagen's reflection model. For this, you can choose from four different possibilities, which are explained in step 2.

1. **Looking back at Reflection Report 1**

During this step, you look back on your reflection process in reflection report 1. The aim is to gain insight into your reflection process. This will allow you to improve this process in the future and make reflecting more useful in practice.

For each step, review what you wrote down in the first reflection report and answer the following questions:

* What stands out about the reflection?
* Did you consciously engage in the reflection?
* Were your answers specific enough? How could you improve this?
* Did you manage to recognize essential aspects? Why or why not?
* Were you able to recognize emotions and understand their influence on thinking and acting?
* Did you formulate a feasible action point? How did you notice?
* Did the reflection lead to implementing this action point in practice?
* Did the reflection lead to the intended development?

*Formulate at least one insight for yourself that you will take into account in reflection report 2.*

1. **Options Reflection Report 2**

For the second reflection report, you can choose from four different options. Choose an option from which you can learn the most. The options are:

* Continue reflecting on your quality from reflection report 1. Then reflect on the concrete action you tried out in a new situation as response to the point you were satisfied with in reflection report 1. Step 5 becomes the starting point of this reflection.
* Continue reflecting on the point for improvement from reflection report 1. Reflect on the concrete action you tried out in a new situation as response to the point you wanted to improve in reflection report 1. Step 5 becomes the starting point of this reflection.
* Reflect on a new element of the Thermos dashboard that you want to improve. You start the cycle again.
* Reflect on a new element of the Thermos dashboard that you are satisfied with. You start the cycle again.

***Finding it difficult to follow the steps below? Then ask your fellow students or tutor for help!***

**The aspect from my Thermos-dashboard I’m going to reflect upon is:**

1. ***Actions/Experience***

Now describe your experience specifically. Think about: What did this element look like in your studies? What actions did you take? What consequences did this lead to? In this phase, try to remain objective by not writing down any judgements or opinions yet.

1. ***Looking back at the experience***

Look back at the experience as described in step 1. Look at the experience from your personal point of view. How did you experience it? What were you thinking? What did you do? What did you want?

1. ***Awareness of essential characteristics***

Try to gain insight into the situation by identifying essential characteristics or causes. This focuses on the 'why' of the experience. Consider the following questions: What caused the outcome of this element? What essential characteristics caused you to be dissatisfied with this experience? What is the discovery?

***Note:*** *focus on characteristics you can change*.

1. ***Developing an approach***

Now that you have a better understanding of your reflection point, you can start thinking of solutions for this or develop an approach to use it more consciously. What are the implications of these findings? How could you do this differently? How could you hold on to this? What alternatives are there? Choose an approach that you want to work on.

***Tip:*** *Finding it hard to come up with a solution? Ask your friends, fellow students or a tutor for help.*

1. ***Applying in a new situation***

Think about how you can turn your approach into specific actions. What do you want to achieve? What do you need to pay attention to? What do you want to avoid? How do you make sure it is feasible?