

Reflection Questionnaire

Please circle the letter that indicates your level of agreement with the statements below. The statements require you to think about your actions and thinking throughout *this experience*.

5 – Definitely Agree

4 – Agree with Reservation (a range from Mostly Agree to Somewhat Agree)

3 – only select if no other answer is possible

2 – Disagree with Reservation (a range from Somewhat Disagree to Mostly Disagree)

1 – Definitely Disagree

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|----|--|---|---|---|---|---|
| 1 | I could do some activities without thinking about what I am doing. | 5 | 4 | 3 | 2 | 1 |
| 2 | <i>This experience</i> requires us to understand the concepts presented. | 5 | 4 | 3 | 2 | 1 |
| 3 | I sometimes question the way others do something and try to think of a better way. | 5 | 4 | 3 | 2 | 1 |
| 4 | As a result of <i>this experience</i> I have changed the way I look at myself. | 5 | 4 | 3 | 2 | 1 |
| 5 | In <i>this experience</i> we did things so many times that I started doing them without thinking about it. | 5 | 4 | 3 | 2 | 1 |
| 6 | To succeed in <i>this experience</i> you need to understand what is presented. | 5 | 4 | 3 | 2 | 1 |
| 7 | I like to think over what I have been doing and consider alternative ways of doing it. | 5 | 4 | 3 | 2 | 1 |
| 8 | <i>This experience</i> has challenged some of my firmly held ideas. | 5 | 4 | 3 | 2 | 1 |
| 9 | As long as I remember what was presented, I do not have to think very much. | 5 | 4 | 3 | 2 | 1 |
| 10 | I need to understand the material presented in order to perform practical tasks. | 5 | 4 | 3 | 2 | 1 |
| 11 | I often reflect on my actions to see whether I could have improved on what I did. | 5 | 4 | 3 | 2 | 1 |
| 12 | As a result of <i>this experience</i> I have changed my normal way of doing things. | 5 | 4 | 3 | 2 | 1 |
| 13 | If I follow the material presented, I do not have to think too much about <i>this experience</i> . | 5 | 4 | 3 | 2 | 1 |
| 14 | In <i>this experience</i> you have to continually think about the material being presented. | 5 | 4 | 3 | 2 | 1 |
| 15 | I often re-appraise my experience so I can learn from it and improve for my next performance. | 5 | 4 | 3 | 2 | 1 |
| 16 | During <i>this experience</i> I discovered faults in what I had previously believed to be true or right. | 5 | 4 | 3 | 2 | 1 |